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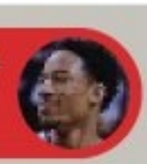

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metro NEWS
Your essential daily news

Notorious Mexican drug kingpin "El Chapo" extradited to the U.S.

Space for reconciliation

EDUCATION

Report calls on University of Toronto to make changes

Alex Boyd
Metro | Toronto

A committee of students, staff and indigenous elders has issued the University of Toronto with 34 calls to action on reconciliation.

The result of a year's worth of work, the report focuses on six areas: indigenous spaces, faculty and staff, curriculum, research ethics and community relationships, students and co-curricular education and institutional leadership.

"A key theme was the whole idea about increasing aboriginal space, but space kind of is a very broad term in this context," said committee co-chairman Jonathan Hamilton-Diabo, who is also co-ordinator of the school's Council of Aboriginal Initiatives.

It means not only creating physical spaces on campus, but also bolstering things like recruitment of indigenous staff and support for students.

The Truth and Reconciliation Commission spent six years digging into the painful legacy of Canadian residential schools. When the final 94 recommendations were released in late 2015 they included specific points about education.

Jonathan Hamilton-Diabo called it an "honour" to serve on the committee that made recommendations for reconciliation at U of T. COURTESY JOHNNY GUATTO/U OF T

University of Toronto formed a committee last January and tasked members with examining how the recommendations could be applied on campus. The report was delivered this week in a ceremony that included members of the indigenous community.

While U of T wasn't directly involved in residential schools, Hamilton-Diabo said there needs to be a greater understanding of ways the university supported an oppressive system.

REPORT

The reconciliation committee's report is titled Wecheehetowin, which means "working together" in Cree.

The school graduated leaders who allowed residential schools and housed researchers who failed to challenge them, he said. Even today indigenous students don't graduate at the same rate as their non-indigenous peers.

"They're not easy truths, and they're not easy things for anyone to face, but this is part of Canada's history, and part of the U of T's history," he said, noting it's going to take everyone working together to make a difference. "It's not a time to lay blame, but in order to get to reconciliation and building a relationship, there has to be an understanding."

While university administrators don't know how the recommendations will be implemented, the school "acknowledges its responsibility in contributing to the plight of indigenous peoples," president Meric Gertler said in a statement.

"We embrace the opportunity to engage with indigenous communities and, together, lead the process of reconciliation."

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HUDSON'S BAY

Spooling retro vibes

MUSIC

Dupe Shop gives cassettes, VHS vintage revival

In a city rich with successful vinyl record stores, it seems almost inevitable that another retro medium, the cassette tape, would get its own emporium too.

Yet The Dupe Shop on Bloor Street West at Brock Street is not so much an attempt to bring back tapes, but bricks-and-mortar proof they never went away.

Analogue Media Technologies, the Quebec-based company behind the new store, dates back to 1995 and has been doing a steady business in media duplication services for more than 20 years.

This 1,400 square foot space — which is pretty cavernous for a downtown locale — combines retail with production.

"Tapes offer a tactile experience," says store manager Malin Johnson. Older patrons stop by to get back into tapes. Younger customers are discovering them for the first time at the store.

Top: Malin Johnson watches the 1950's era Presto record Lathe writes the music onto a sheet of Makrolon.
Bottom: Blank cassettes, which the Dupe Shop makes and loads with music. TORSTAR NEWS SERVICE

The retail section includes an array of blank tapes and new CDs and tapes from mostly local artists — any band that gets production services at the company gets offered shelf space on consignment. There are trays of used, prerecorded tapes to flip through. There are also vintage tape players, storage contraptions, VHS tapes and even a reel-to-reel player on display.

Customers can drop off their duplication orders — Analogue, which runs the website, makes CDs, VHS and cassettes — and may even see it done on the spot as the duplication equipment is in plain view.

Johnson, meanwhile, used to press vinyl on a lathe out of Sonic Boom. He's here running the place, and the lathe, ready for small vinyl orders, is out on the front counter for all to see.

Analogue started as a hobby for George Frehner, who was working at a lab at the time, and a childhood buddy.

The Montrealers did it in their spare time starting in 1989 and quit their jobs and incorporated the company in 1995.

The location opened in October and the plan is to bring as much of the North York production work down here as possible and run events such as release parties out of the store.

Clients include parents who want to preserve family videos, companies creating products for promotional purposes and bands putting out music.

TORSTAR NEWS SERVICE

NIAGARA

Leave the car at home, take the hovercraft

May Warren
Metro | Toronto

If you were excited about the announcement of new daily flights from Toronto to Niagara-on-the-Lake, you'll love Bruno Caciagli's pitch.

The Beamsville consultant wants to start a hovercraft water service between the two cities, to cut down on time commuters spend travelling and the number of cars on the road.

$25

Suggested one-way cost of hovercraft ride from Toronto to Niagara-on-the-Lake.

"The idea is that this water link would run year round, weather permitting," Caciagli told Metro.

Caciagli wants to use hovercrafts because they're "fast, amphibious" and can go over ice on Lake Ontario.

He sees two markets for his Lake Ontario Express service: tourists and commuters.

Of course, there's the environment to think of. Tourists and commuters combined make an average of 5,717 highway trips between Niagara and Toronto daily, according to a 2011 GO Transit study.

Based on Caciagli's research: "We have the potential of eliminating between 600 and 1,000 cars per day off of the highway."

The trip would cost $25 per person per ride and would take about 40 minutes.

Although he's aiming to launch in spring 2018, Caciagli has a long way to go before the dream becomes a reality.

He presented it to Niagara-on-the-Lake's town council Monday, but they didn't approve the idea in principle as he had requested.

Instead, they directed him towards Parks Canada, which owns a pier the service would use.

Caciagli said he has since met with parks officials but hasn't even started the process of getting port access in Toronto.

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Slow Braised Pot Roast Puttanesca

Ingredients

- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions

Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.

Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.

Serves 6 to 8

Achieving action through art

METRO FOCUS ACTIVISM!

New drive in Feminist Art Conference

Alex Boyd
Metro | Toronto

Painter Ilene Sova was at work on a series of large, intimate portraits of women who'd vanished in Ontario when inspiration struck.

"I was researching all the cases before painting them, and I was feeling all those frustrations about issues of systemic violence about women," she said. "I felt like I didn't really have anyone to talk to about it."

So she floated an idea on Facebook: What if she were to have an unabashedly celebratory collection of feminist work? The post was shared almost 50 times on the first day.

Since that day in 2013, that post has grown into the Feminist Art Conference, a week-long celebration of work that pushes for equality of all kinds and features almost 90 artists from around the world.

Ilene Sova turned a desire to connect with a larger community into a multi-day art conference that draws people from around the world. LANCE MCMILLAN/FOR METRO

Topics range from gender and entrepreneurship to class and work.

"There's a whole movement around the world for artists making art about social change," Sova said, "Particularly in an age when everything is visual, with photos and images on the Internet."

It's no coincidence, she said, that the event took off during a time she calls "particularly tough" for women. At the time, articles about the shooting of activist Malala Yousafzai and Canada's missing and murdered indigenous women were starting to get more attention.

DETAILS

The Feminist Art Conference runs through the weekend with exhibitions, artist performances and panels. Most events are happening at OCAD University. Visit factoronto.org for a full schedule.

Andrea Thompson, a longtime spoken word poet who has participated in the festival for the last three years, said the conference has only become more relevant this year.

She points to President-elect Donald Trump's comments about groping women, or comparing them to dogs.

"There's a global social climate where misogyny has gained a bit of a foothold," she said. "People are feeling nervous that there's going to be backsliding." But she points to the Toni Morrison quote about how artists need to get to work in "times of dread."

"It's a reigniting of passion, and getting more excited," she said. "Not that I wasn't excited before, but now you see how crucial it is to speak out."

ENTERTAINMENT

Toronto's music venues are disappearing, and it's complicated

In the first two weeks of January, Toronto music venues seemed to be dropping like flies.

First there was the announced insolvency of favourite folk hangout Hugh's Room and the DIY punk venue Soybomb HQ, and then last week, dance club and indie band venue The Hoxton announced that it's closing its doors at the end of January.

While the overall impression is that the 2017 Toronto live music scene is hurting due to dwindling attendance and interest, the reasons behind each venue's closure seems to be more complicated than simply attributing them to audience apathy.

For example, businessman Richard Lambert, who co-owns the Hoxton with Toronto concert promotion firm Embrace and has hosted a wide variety of acts, DJs and after-parties ranging from The Chainsmokers to Skrillex to Zedd at the 627-capacity venue over the past five years, said that it wasn't financial considerations that resulted in its closure.

"I guarantee you we would not close that club if the landlord had said, 'Here's a five-year lease,' " Lambert said on Monday. "It would still be there — probably not because of me, but because the Embrace boys, this is what they do."

> **We would not close that club if we had a five-year lease.**
> Richard Lambert

Although he insisted he has a good relationship with the owner-developers of the property near King and Bathurst Sts., the lease extension was prohibitive enough to warrant curtailing the business.

"Being in a property that's been purchased by a developer — and you know their plans are to develop this property — so for that reason, they won't give you a long-enough lease from which you can develop your business in a way that you want to keep doing it," he explains. "If I have to put in a new walk-in cooler for 20 grand, I'm not going to do that if I've only got a six-month lease. It's not a good investment."

TORSTAR NEWS SERVICE

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It's a park off

A debate over parking is pitting at least one politician against pedestrian advocates. Coun. James Pasternak wants more parking at suburban transit stations. But Michael Black of Walk Toronto says the city should invest in transit and make suburbs more walkable and bikeable. Metro spoke to both to get their views on how to ease the elusive "first and last mile" — the last leg of commuters' trips from transit centres home. MAY WARREN AND GILBERT NGABO METRO

MICHAEL BLACK

More parking will only add to congestion in the suburbs, which is already a problem near subway stations, Black said.

"We're saying, in North York, you don't solve congestion by making it easier to drive," he said. "Instead of spending more money on parking lots we should be diverting that money and improving the level of service on TTC feeder routes."

> It's time to be honest and admit that we can't keep investing in car infrastructure.

Money also needs to be spent on making suburban streets more pedestrian and cycle friendly, he said.

While some may argue more parking is needed until transit gets better, Black disagrees.

"What tends to happen is that the temporary solution becomes entrenched and impossible to improve," he said.

"It's time to be honest and admit that we can't keep investing in car infrastructure to solve problems that almost every other city our size is addressing, mostly through transit but also through walking and bike lanes," he added.

PHOTOS: TORSTAR NEWS SERVICE FILE

JAMES PASTERNAK

Sometimes driving is necessary, Pasternak says.

People in suburban areas often need to drop kids off at school, pop by the corner store or chauffeur a spouse to work before heading to a subway station. And not having enough parking spots at those stations "is no way to treat our most loyal customers," he said.

> We have to make it easy.

"Ideally, everybody would leave their car at home and walk to the subway. But that's not the real world," said the Ward 10 councillor. "If we want to increase transit customers we have to make it easy, accessible and available for the car."

His proposal, which passed at the city's executive committee on Thursday, calls for an evaluation of commuter parking needs along the Spadina-University line and other points of entry to the city by transit.

Pasternak said the problem is particularly severe at Wilson station, where the TTC recently closed over 600 parking spots for a new commercial development.

Another lot with nearly 540 spots will close later in the year.

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LGBTQ

Pride hoping to meet with Black Lives Matter next month

Pride Toronto's board is hoping to meet next month and discuss how to implement demands made by Black Lives Matter, including removing police floats from the parade.

The idea of holding an emergency meeting was discussed, but newly elected board member Akio Maroon said nothing has been finalized.

At Tuesday's annual general meeting, most of Pride's membership voted to endorse demands outlined by Black Lives Matter when they stopped the 2016 parade. Shortly after, new board members were elected.

The vote has been met with controversy, and confusion from the police force, who had not spoken to Pride Toronto as of Thursday.

Danielle Bottineau, an LGBT Liaison Officer with Toronto police who has attended Pride in uniform the last seven years with her partner, said she was "disheartened and saddened."

"It's been an emotional roller coaster, the last 24-hours, I'm not going to lie," Bottineau said. "There's been a lot of thought processing for me, not only as an out, gay woman but as an out Toronto police officer."

The demands included, among other things, committing space, funding and support for black queer youth, reinstating community stages and spaces like the South Asian stage, and, most controversially, removing police floats and booths from Pride events.

Black Lives Matter Toronto protesters halt the Pride Parade in Toronto in July. MARK BLINCH/THE CANADIAN PRESS FILE

Kathleen Wynne expressed displeasure at Pride's decision.

"It's January and my hope would be that between January and spring that Pride and Black Lives Matter and the police would actually be able to sit down and come to a different resolution," Wynne said after a speech to the Economic Club in Toronto.

She would not say whether the province will consider withholding any funding from Pride to force a change.

Gwen Bartleman, a Pride member who was at the AGM, asked that the Black Lives Matter demands be added to the agenda.

"I have seen how racism and specifically anti-black racism works in certain organizations, like Pride Toronto. Demands are agreed to, then there is backtracking, and then they aren't actually met," Bartleman said. "I wanted to make sure that didn't happen."

Bartleman said the demands speak to inclusivity and ensure the community feels safe at Pride.

TORSTAR NEWS SERVICE

A still from video of the incident at Union Station last year.
CONTRIBUTED

Father, son suing TTC for $4M

COURTS

Duo alleges officers held, assaulted pair without cause

A father and son whose altercation with a pair of transit enforcement officers was captured in widely viewed online video are suing the TTC.

A statement of claim filed Wednesday on behalf of Jamie and Russell Gillman seeks $4 million in damages in relation to the 2015 incident, and names the transit agency and the two officers as defendants.

In response to the suit, TTC spokesperson Stuart Green said the matter was turned over to the Toronto Police professional standards unit for review two years ago, and the officers were cleared of any wrongdoing.

"We will not be commenting further as the matter is now before the court," Green said.

A spokesperson for Canadian Union of Public Employees, which represents transit officers, also declined to comment. He said that one of the officers is no longer employed at the TTC, but didn't say why.

The incident that prompted the suit occurred on Jan. 29, 2015 on the concourse level of Union subway station, when the Gillmans and hundreds of others were leaving a Toronto Maple Leafs hockey game.

According to allegations in the statement of claim, which have not been tested in court, the confrontation erupted after Russell Gillman, now 64, accidentally brushed up against one of the officers. It claims the officer then threw Russell against a wall "without warning" and attempted to arrest him.

According to the claim, when Jamie, now 35, tried to intervene, a fight broke out between him and the officer. A second officer then allegedly pinned Jamie against a wall and "punched him repeatedly, causing his head to bang violently against a wall."

The claim alleges that the officers "intentionally restrained and violently assaulted the plaintiffs when they had not violated the law in any way and had not posed a threat to anyone."

> **Punched him repeatedly, causing his head to bang violently against a wall.**
> Statement of claim

Video of the incident prompted a public debate about the power vested in TTC officers. In one piece of footage, which has been viewed by more than 80,000 people on YouTube, a transit officer can be seen restraining a man later identified as Russell Gillman, who is kneeling with his head to the ground while the officer strikes him in the ribs.

The defendants have 20 days to file a statement of defence.
TORSTAR NEWS SERVICE

Toronto DIGEST

Tory all-in on private trash collection
Despite the fact private waste collection in Etobicoke two years ago cost more than public pickup in Scarborough, which also has a higher waste diversion rate, Mayor John Tory is not backing off his privatization push. On Wednesday, the city's public works committee rejected, by a 3-2 vote, staff recommendations to ask private companies how much they would charge the city to collect Scarborough's trash.
TORSTAR NEWS SERVICE

Man charged for taking $61K from woman
A 40-year-old Brampton man has been charged for allegedly convincing a woman to hand over $61,000 in cash and jewelry to remove "evil spirits"— which he didn't give back. According to Peel Regional Police, the suspect reportedly convinced a woman from Brampton that "he had a lot of good luck as he was very close to God." She then entrusted him with some money, which he promised to bury in the ground, pray to remove "evil spirits" and then return it. TORSTAR NEWS SERVICE

Mother of suicide victim calls for more resources
Kassidi Coyle died by suicide four months after a man was charged with sexually assaulting her. Since her death, her mother Judi Coyle has been advocating for more resources to help sexual assault survivors, noting that Kassidi was put on a waiting list for counselling at her local rape crisis centre and took her life weeks before her appointment. TORSTAR NEWS SERVICE

Police find baby, drugs in car
Police say they found a baby in the backseat of a car during a fentanyl bust Wednesday in Oshawa. Durham Region police officers arrested a man and a woman inside the parked car after they saw two people allegedly making a drug deal near Ritson Rd. N. and Taunton Rd. E. Along with the baby, who is less than a year old, police said they also found nearly $1,800 of fentanyl and some cash.
TORSTAR NEWS SERVICE

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TALKING WITH TRUMP SUPPORTERS

They adore Donald Trump enough that they came to Washington to celebrate his inauguration. But there is one thing that bothers a whole lot of them. His tweeting. At the pre-inauguration celebration Thursday, his supporters extolled him as a good man and a change agent who will save a nation gone awry. They also say he should stop barking at people on the Internet. We asked some people what they liked most about him and what they liked least. TORSTAR NEWS SERVICE

Tyrus Cobb, 33, truck driver — Indianapolis, Indiana
Like most? "I believe he's a man of his word."

Like least? "The only thing I would change is if he would stay off his social media."

Ashley Cobb, 32, homemaker. Indianapolis, Indiana
Like most? "He's a man of faith."
Like least? "Twitter."

Dennis Poer, 58, painter — Champaign, Illinois

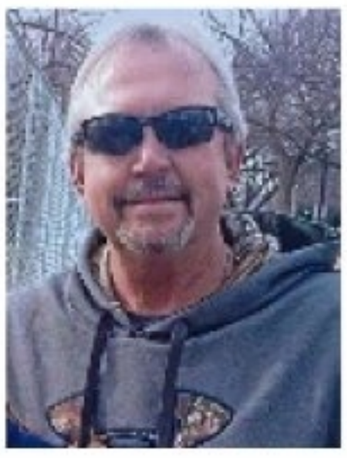
Like most? "His honesty. He doesn't put up with any of the bullcrap."

Like least? "Not yet."

Joe Gelione, 49, banker. Anchorage — Alaska

Like most? "I like the fact that he doesn't mince words. A little politically incorrect, but he gets the point across."

Like least? "I wish he would calm down on the tweets."



Scott Esmeier, 55, construction worker — Arizona

Like most? "His can-do, gonna make it happen, doesn't back down."

Like least? "He could probably tone down his Twitter. Maybe wait five minutes before he tweets."

David Drexler, 53, attorney — Los Angeles, California

Like most? "His willingness to avoid political correctness and state the issues the way they should be stated."

Like least? "His comments about women I found very offensive. And they really bothered me during the campaign."

JUSTICE

Obama cuts 330 sentences

In a last major act as president, Barack Obama cut short the sentences of 330 federal inmates convicted of drug crimes on Thursday, bringing his bid to correct what he's called a systematic injustice to a climactic close.

With his final offer of clemency, Obama brought his total number of commutations granted to 1,715, more than any other president in U.S. history, the White House said. During his presidency Obama ordered free 568 inmates who had been sentenced to life in prison.

"He wanted to do it. He wanted the opportunity to look at as many as he could to provide relief," Neil Eggleston, Obama's White House counsel, said in an interview in his West Wing office. "He has a strong view that people deserve a second chance."

The final commutations — more in a single day than on any other day in U.S. history — were the culmination of Obama's effort to try to remedy the decades of sentencing requirements that he said had imprisoned thousands of drug offenders for too long. THE ASSOCIATED PRESS

Young activists gear up for historic Women's March

Amariyanna Copeny, a nine-year-old from Flint, Michigan, ended a speech on Martin Luther King Day with a knock knock joke. "Who's there?" the crowd asked.

"2044," she said.

"2044 who?"

"Vote for me in 2044!" she cheered. "I'm gonna be president."

So sayeth the youngest youth ambassador for this weekend's Women's March on Washington. And I wouldn't put it past her.

Copeny is one of about 30 young people across the U.S. chosen from hundreds of applications to lead a crucial aspect of the Women's March on Washington: capacity building for progressive activism, not just over the next four years, but within the next generation.

Flint's water crisis thrust Copeny into the international spotlight after her work to raise awareness about the problem helped convince Barack Obama to visit the city (she also met Donald Trump, looking a little apprehensive, in what became a viral image).

"It's an honour to be chosen as a youth ambassador and for me to be able to use my platform to be able to do what is right and not only stand up for my community, but for kids across the country who may not know that they can use their voice, as well," Copeny said.

The youth ambassador program is run by Tabitha St. Bernard-Jacobs, a 34-year-old who says she's doing it for her two-year-old son. These kids will be "taking over the world" one day, she told me. "They're at a point where they have questions and they want to have conversations about what's going on around them." The program is designed to amplify their voices and give them tools to be stronger activists. To that end, each ambassador is being paired with a seasoned activist to mentor them. They're being encouraged to spread the word among their peers about the Washington march and the hundreds of sister marches happening this Saturday.

Young people today are going to inherit a whole host of global crisis, from climate change and migration to morphing workforces, racial and income inequality. They also inherit a vibrant history of activism and increasing rights for all. The Women's March is a chance to recognize both.

There is something incredibly heartening, and especially respectful of diversity, in a movement that prioritizes the voices of those we often write-off of naive, naval-gazing, and entitled.

Imagine what being a part of that incredible experience could do for future leaders. Imagine what it could inspire. Amariyanna Copeny, 2044.

Amariyanna Copeny, also known as Little Miss Flint, during a #Justice4Flint rally. THE ASSOCIATED PRESS

Unusual presidency has finally arrived

Donald Trump enters the White House on Friday just as he entered the race for president: defiant, unfiltered, unbound by tradition and utterly confident in his chosen course.

In the 10 weeks since his surprise election as the nation's 45th president, Trump has violated decades of established diplomatic protocol, sent shockwaves through business boardrooms, tested long-standing ethics rules and continued his combative style of replying to any slight with a personal attack — on Twitter and in person.

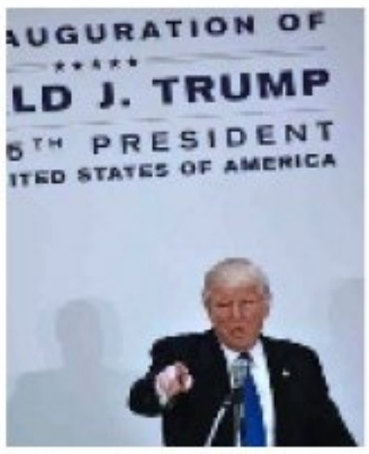
Past presidents have described walking into the Oval Office for the first time as a humbling experience, one that in an instant makes clear the weight of their new role as caretaker of American democracy. Trump spent much of his transition making clear he sees things differently: Rather than change for the office, he argues, the office will change for him.

"They say it's not presidential to call up these massive leaders of business," Trump told a crowd in Indianapolis in December. That was after he negotiated a deal with an air conditioning company to keep jobs in the state, a move many economists derided as unworkable national economic policy.

"I think it's very presidential," he declared. "And if it's not presidential, that's OK. That's OK. Because I actually like doing it."

Even before he takes the oath of office, Trump has changed the very nature of presidency, breaking conventions and upending expectations for the leader of the free world.

Advisers who've spoken with Trump say the billionaire real estate mogul and reality TV star is aware of the historic nature of his new job. THE ASSOCIATED PRESS



Donald Trump speaks at the Trump International Hotel in Washington on the eve of his inauguration. AFP/GETTY IMAGES

Hillary Clinton's protocol

Hillary Clinton's first major televised post-election appearance will be as a witness to a ceremony that could have been hers.

Here are a few ways Clinton can send subliminal messages to supporters, should she choose to.

1. Read my pantsuit

With Clinton's designer pantsuits, her fashion choices could transmit a statement: A black outfit might hint at a pessimistic nation in mourning. A bright outfit would say, "Hey, look at me. You can't keep a good woman down."

2. Wear a safety pin

If she really wanted to send a bold message as well as bring something tiny to the proceedings, she could wear a safety pin on her lapel. Safety pins had an illustrious turn as a post-election political statement donned by "allies" of minorities and persecuted people. It was both held as a form of protest against a divisive election cycle and derided as a form of slacktivism.

3. Sit still, wear purple and play nice

Everyone is expecting the unexpected at this year's ceremony. Possibly the most subversive action Clinton could take is to plaster a vague smile on her face, wear purple and clap politely. TORSTAR NEWS SERVICE

An Iranian firefighter walks among the debris of Iran's oldest highrise, the 17-storey Plasco building in downtown Tehran. AFP/GETTY IMAGES

Dozens die in fire

TEHRAN, IRAN

Firefighters lose lives as building falls during rescue

A historic highrise in the heart of Iran's capital caught fire and later collapsed Thursday, killing at least 30 firefighters and leaving their stunned colleagues and bystanders weeping in the streets.

The disaster at the 17-storey Plasco building, inadvertently shown live on state television, came after authorities said they repeatedly warned tenants about blocking stairwells with fabric from cramped garment workshops on its upper floors.

Firefighters, soldiers and other emergency responders dug through the debris into the night, looking for survivors. While it was not clear how many people were in the steel-and-concrete building, witnesses said many had slipped through a police cordon while the fire burned to go back inside for their belongings.

"They asked us ... using loudspeakers to evacuate the building, but some people went inside again, saying their precious documents, their bank checks, their entire life was in their shops," said witness Masoud Hosseini. "They went inside to fetch those documents. I felt like they cared about their belongings, checks and money more than their lives."

Iranian authorities did not immediately release definitive casualty figures, which is common in unfolding disasters.

Iran's state-run Press TV announced the firefighters' deaths, without giving a source for the information. Mayor Mohammad Bagher Ghalibaf said more than 20 bodies of firefighters had been recovered by Thursday night.

Local state television said 30 civilians were injured, while the state-run IRNA news agency said 45 firefighters had been injured.

Firefighters began battling the blaze around 8 a.m., some 3 1/2 hours before the collapse. The building came down in seconds, shown live on state television , which had begun an interview with a journalist at the scene.

President Hassan Rouhani ordered Interior Minister Abdolreza Rahmani Fazli to investigate the disaster, IRNA reported. Rouhani also ordered the ministry to ensure the injured were cared for.

Another fire broke out later Thursday at a building next to the collapsed tower, according to the semi-official Fars news agency. Firefighters worked into the night to extinguish it.

THE ASSOCIATED PRESS

ITALY

No signs of life at avalanche-hit hotel

Rescue workers reported no signs of life Thursday at a four-star hotel buried by an avalanche in the mountains of earthquake-stricken central Italy. Two bodies were recovered of the estimated 30 people trapped inside as the risk of more avalanches slowed the search effort.

Two people escaped the devastation at the Hotel Rigopiano, in the mountains of the Gran Sasso range, and called for help, but it took hours for responders to reach the remote zone on skis.

Days of heavy snowfall had knocked out electricity and phone lines in many central Italian towns and hamlets, and four powerful earthquakes struck the region Wednesday.

It wasn't immediately clear if any of the quakes triggered the avalanche. But firefighters said the sheer violence of the 300-yard-wide (300-metre) snow slide on Wednesday uprooted trees in its wake and wiped out parts of the hotel.

Hotel remains. AFP/GETTY

The hotel in the Abruzzo region is about 30 miles (45 kilometres) from the coastal city of Pescara, at an altitude of about 3,940 feet (1,200 metres), located in the swath of central Italy between Rieti and Teramo jolted by Wednesday's quakes, one of which had a 5.7 magnitude.

THE ASSOCIATED PRESS

AFRICA

Troops move in to Gambia

A West African regional force charged into Gambia Thursday to support the country's newly inaugurated president, while longtime ruler Yahya Jammeh showed no sign of stepping down.

The troops moved in shortly after Adama Barrow was inaugurated at Gambia's embassy in neighbouring Senegal.

In his inaugural speech, Barrow called on Jammeh to respect the will of the people and step aside. The new president also called on Gambia's armed forces to remain in their barracks.

African nations began stepping away from Jammeh, with Botswana announcing it no longer recognized him as Gambia's president. The African Union earlier announced that the continental body would no longer recognize Jammeh.

THE ASSOCIATED PRESS

NEW natural ingredient produces 34% more hair in 8 months!

Hair Gro
Nourishes the hair and supports hair growth
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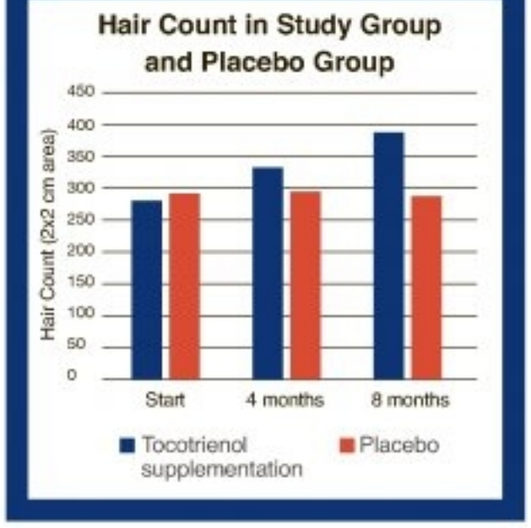
60 capsules

It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

ONLINE SHOP newnordic.ca

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

FIRST NATIONS

Trudeau holds talks on suicide strategy

Prime Minister Justin Trudeau held a closed door meeting Thursday with some leaders of Ontario's northern First Nations to discuss a national suicide strategy.

The Prime Minister reached out to Wapekeka First Nation band council member Joshua Frogg, the uncle of Chantell Fox, a 12-year-old girl who committed suicide on January 10, Nishnawbe Aski Nation Grand Chief Alvin Fiddler and Mushkegowuk Council Grand Chief Jonathan Solomon.

The chiefs were in Ottawa to hold a press conference on Parliament Hill, demanding a national suicide strategy after the deaths of Fox and her 12-year-old friend Jolynn Winter. She committed suicide first, on Jan. 8. Four other girls were flown out of the remote, First Nation 600 km north of Thunder Bay, and, another 26 students are considered "high risk" for suicide.

Wapekeka Chief Brennan Sainnawap, Chantell's grandfather, wrote to Health Canada in July to demand help and submit a mental health funding proposal, saying they feared a suicide pact among girls was present in the community.

Health Canada denied their request.

"The first thing we raised was the urgency of the situation, the fact the community has asked for some supports which they submitted back in July and the government's need to act immediately to approve the proposal," said Fiddler after the meeting on Thursday.

Fiddler handed Trudeau a copy of NAN's declaration of a state of health emergency in their communities and those all the way to the Manitoba border, on Feb. 26, 2016.

The declaration outlined how indigenous people are dying of preventable diseases like rheumatic fever, suffering adverse effects of diabetes and lacking mental health care and addiction treatments. TORSTAR NEWS SERVICE

Rhonda Barrett is a collage artist. JEFF HARPER/METRO

Making it with Metro

CREATIVITY

Artist finds success with newspaper collage artwork

A Dartmouth-based collage artist who turned daily free newspapers into an art career is officially opening her studio this weekend.

About two and a half years ago, Rhonda Barrett was pregnant, teaching yoga and making very little.

"It was a case of you need money to make money," she recalled.

She was always interested in the arts, but had never considered it as a career. Barrett lived in Halifax at the time and often found herself at the Halifax North Memorial Public Library.

"The Metro is outside and I'd always go and get the newspaper each day. After a month I had this stack of paper," she recalled.

"I looked at it one day and I thought 'Paper! It's free!' I went to the dollar store. My first canvas was a 16x20 from the dollar store."

Barrett's first newspaper collage piece was inspired by Roxy D'Lite, her favourite burlesque star. She posted a photo on Facebook asking her friends if anyone would consider buying it.

The response was immediate. It sold for $150, giving her the cash she needed to purchase supplies to create more newspaper collage artworks.

In the past two years she has created more than 100 pieces, many of them commissioned. Some are famous personalities like Bob Marley and Audrey Hepburn. She's currently working on a portrait of Kurt Cobain.

Other pieces include Peggy's Cove and artworks inspired by her yoga practice, province or news of the day.

"My biggest hurdle is people look at this and from afar, they're not going to think this is newspaper. It's about bringing someone close enough where they see the texture and ask what is this made of," she said.

"If I take one and hold it up to the light, you can see the backside of the paper. All of the words and images start to come through."

She's received Artzone Gallery's award for new emerging artist and was also chosen as a finalist in the first international Nonesuch Art on Paper awards last year.

"The pieces are dated by the papers I've used ... It's kind of an interesting time capsule," Barrett said.

Some of the artwork made from newspapers. JEFF HARPER/METRO

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metro SCIENCE
METRO FOCUS ON ACTIVISM!
Your essential science news
ALL WEEK: COMMENTARY AND IDEAS ON POLITICAL ACTION

DECODED by Genna Buck and Andrés Plana

WHEN SCIENTISTS TAKE A STAND

Scientists are quiet revolutionaries. Though they may sign petitions or speak out individually, they rarely throw public support behind a particular movement or cause. But they make a difference. Here are just five of the many scientists around the globe who've worked to change their fields and change the world.

Fiona Godlee

TWITTER.COM/FGODLEE

PUBLIC HEALTH
As editor-in-chief of the British Medical Journal, Godlee has led crusade after crusade on every public health issue, including harshly criticizing U.S. dietary guidelines and going after drug companies who don't release their data.

In November, Godlee co-wrote a fierce editorial calling on doctors to lobby to end the war on drugs and redirect resources into addiction treatment and harm reduction.

Kim Nicholas

TWITTER.COM/KA_NICHOLAS

CLIMATE SCIENCE
Nicholas studies how communities can protect food and water resources on a changing planet. She was spurred to action out of fear that climate scientists' knowledge base and public voice could be threatened under Trump.

Nicholas's sign at a protest organized by the American Geophysical Union was an online hit: It explained climate science in 12 words, complete with peer-reviewed footnotes.

Evelyn Gitau

TWITTER.COM/EVELYNGITAU

PARASITOLOGY
Gitau develops high-tech ways to tell the difference between body-fluid proteins in children with malaria and other diseases. This allows for targeted treatment and less overuse of antibiotics; a key factor behind the global superbug crisis.

Half of infections in sub-Saharan African hospitals are never diagnosed. Gitau fights for better technologies to fix this, and worked to set up research infrastructure in Kenya.

Harlan Krumholz

TWITTER.COM/HMKYALE

BIOMEDICINE
Krumholz has had a huge hand in the dawn of medicine's data age. He spearheaded the young field of outcomes research, investigating why some patients and hospitals, despite working with the same science, fare so much better than others.

Krumholz is a cheerleader for evidence, calling on drug companies and researchers to publish **all** their clinical trial data, especially from experiments that failed.

Ursula Franklin

TORSTAR NEWS SERVICE

PHYSICS
The late Ursula Franklin's pioneering work united chemistry and archeology to find ways to precisely date ancient artifacts. She also showed buildup of certain elements in children's teeth was the result of nuclear test fallout, spurring reform.

Franklin urged Canada to halt biological and chemical weapons research, fought for pay equity and advocated pacifists' right to opt out of having their taxes fund the military.

CITIZEN SCIENTIST by Genna Buck

Academics become activists by necessity

If you think scientists should stay in their lane and leave politics to politicians, you're going to be very disappointed over the next few years. Because when politicians attack science and evidence, it's everyone's business.

Case in point: the roar that rose up from the scientific world this week when Donald Trump appointed anti-vaccine kook and known measles-lover Robert F. Kennedy Jr. to head an unnecessary vaccine safety commission.

It's far from the first time scientists spoken out against Trump. The day after he was elected, Science magazine called, in a less-than-hopeful tone, for the president-elect to appoint a qualified science adviser and include research spending in his infrastructure blitz.

Scientists aren't solitary lab rats. They publish books and articles, educate students and the public, advise companies and governments, and speak out about issues that relate to their expertise. In our era of misleading memes and fake news, their role is more important than ever.

In repressive regimes around the world, academics are bullied, persecuted, silenced or co-opted. Even in democracies, they get slapped around for political gain. Remember the communications crackdown on Canadian scientists during the Harper years?

That's child's play compared to the U.S. Congress effectively banning the Centers for Disease Control from studying gun violence for the last 20 years. Without good data, the quality of public debate on the issue has suffered drastically. I hate to think about it, but a similar thing could happen with climate science. A large portion of the planet's climate science takes place within U.S. government agencies. Our planet needs that science.

As citizens, no matter where we live or who our leaders are, it's hugely important to show, publicly, that we have scientists' backs. We need to support their right to speak and listen when they do. We can't afford not to.

Science Question?
genna.buck@metronews.ca

FINDINGS
Your week in science

MEN ARE FROM MARS, WOMEN ARE ... ALSO FROM MARS
The smaller amygdala in "the female brain," so says conventional wisdom, is why women have less sexual desire and aggression than men. But a new review of 46 MRI studies shows the organ, relative to body size, is about the same in everyone.

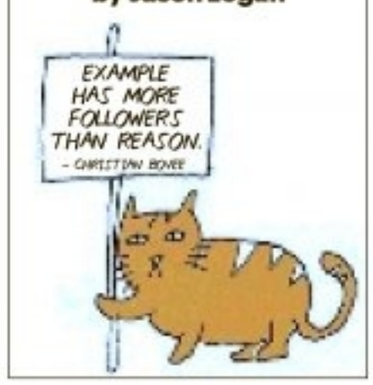
DARK THOUGHT
A trio of theoretical physicists trying to figure out what's making the universe expand say their math only makes sense is if some energy, contrary to the laws of physics we all learned in high school, is gradually being destroyed.

SOUND SMART

DEFINITION
The **Iron Catastrophe** was a big moment for the Earth about a billion years ago. Temperature reached the melting point of iron, 1538 C. Droplets of liquid iron were pulled by gravity toward the centre of the planet, creating the magnetic core, molten middle layer and the brittle upper crust we live on today.

USE IT IN A SENTENCE
Sure, your graduation day is important, but it didn't create new magnetic fields. It's no **iron catastrophe**.

PHILOSOPHER CAT
by Jason Logan



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MOVIES MUSIC TELEVISION DIGITAL

The Founder, directed by John Lee Hancock, tells the storied history of Ray Kroc and the rise of McDonald's in popular culture. CONTRIBUTED

Meat of the McDonald's story

IN FOCUS

The Founder lifts lid on fast food giant and hunger for cash

Richard Crouse
For Metro Canada

Ray Kroc changed the way we eat. He didn't invent the hamburger, but has probably sold more burgers than anyone else.

He standardized food preparation, setting the template for fast food restaurants worldwide and built an empire based on two all-beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun.

If you believe The Founder, a biopic of Kroc's building of the McDonald's hamburger chain, he was also a bit of an SOB.

Michael Keaton, who plays Kroc from failed travelling salesman to a millionaire whose business card reads simply Founder, says the choices his character "makes towards the end after he becomes successful are harsh, man. And nothing I would ever do. Nothing most people would ever do."

So, is he a hero or villain? That's the question The Founder asks. Does he deserve a break today for changing the way the world eats or is he a ruthless businessman to be grilled for his heavy-handed tactics?

When we first meet Kroc he's hustling a newfangled milkshake maker. Despite his slick pitch, his blender isn't shaking up the fast food business. Restaurant after restaurant turns him down, until a small San Bernardino, Calif., burger shack run by siblings Mac and Dick McDonald (played by John Carroll Lynch and Nick Offerman) places an order for six of the machines, then ups the buy to eight.

Intrigued, Kroc travels cross-country to check out the operation and finds a bustling restaurant pumping out good food with military efficiency.

The brothers streamlined their kitchen for maximum productivity, maximizing every inch of space to bang out burgers in under 30 seconds. Kroc, amazed, convinces the pair to allow him to franchise their ideas and name. Reluctant, they agree but with a strict set of rules to ensure quality control.

Their uneasy partnership becomes a powder keg when Kroc unilaterally changes how the company is run. As the company grows so does Kroc's ego and anything-to-win attitude.

Much of the way Kroc treats his business partners in The Founder is as distasteful as The Hula Burger, his famous and failed foray into vegetarian cookery. He double deals, goes behind their backs and worse, tampers with some of their recipes.

Keaton does a great job of slowly revealing Kroc's duplicity and dive into self-indulgence as he transforms from failure to success. His natural charisma and flair — He's Batman! He's Mr. Mom! He's Beetlejuice! — brings with it a familiarity that makes sense when telling the story of one of the best known brands on earth.

As an actor Keaton brings us on side as he effectively portrays Kroc's descent into amorality and callousness.

Like the operation that caught Kroc's eye, the film is efficient, wasting no moves in the telling of the tale. It's a classic story of persistence and greed and director John Lee Hancock gets right to the meat of the story.

As much as the film is about the U.S.'s 1950s growth spurt, it is also a portrait of the kind of never-say-die spirit that evokes the very best and worst of the American Dream.

On film Kroc is insufferable, a ruthless conniver who grabbed the gold ring, or, in this case, golden arches. Is he a good guy or scoundrel? Depends what side of the sesame seed bun you place the special sauce on.

MOVIE RATINGS by Richard Crouse

Split	★★★★
The Founder	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

#1 EVENT FOR DISABILITY COMMUNITY!
See Latest Products & Resources
Attend Informative Workshops
Achieve Greater Independence
Abilities EXPO TORONTO
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FREE ADMISSION

'This incredible long search for knowledge'

METRO FOCUS ACTIVISM!

Documentary charts historic rise and rise of black education

Richard Crouse
For Metro Canada

Tell Them We Are Rising: The Story of Black Colleges and Universities charts the establishment and impact of schools for African American students over the past 170 years. CONTRIBUTED

Stanley Nelson is no fan of zooming in. In fact, he's more likely to be pulling the camera back for the most sweeping view possible.

"I am really interested in telling the stories of institutions rather than stories of dynamic individuals," says Emmy Award winning documentarian Nelson. "To me that is a more intriguing way of telling history."

As the title suggests his new film, Tell Them We Are Rising: The Story of Black Colleges and Universities, is another doc that turns a macro lens on its subject. A wide ranging look at how Historically Black Colleges and Universities, or HBCUs, have helped shape the societal and cultural history of America for the last 170 years, it's a detailed account of the establishment of schools for African American students.

"As a filmmaker there were these incredible resources," he says, "stills, film, diaries and letters that existed in black colleges, that generally hadn't been used."

But there is also a personal side to the story.

"My parents both went to black colleges," he says. "They both went to school in the 1930s and that was the only option they had. That option changed my life, my sibling's lives, my kids' lives, and their kids' lives. Generation after generation will be changed because my parents had the opportunity to go to college."

Research for the documentary, which makes its Canadian premier at the Toronto Black Film Festival on Feb. 15, began several years ago and encapsulates a wide swath of history.

"We start the film during slavery," he says. "Not only was it illegal for black people to learn to read and write, it was illegal for a white person to teach a black person to read or write. That was against the law. There was punishment for teaching slaves to read and write.

> **The universe for black colleges has changed.**
> Stanley Nelson

"The film started there and follows this incredible long search for knowledge in the African American community that goes through black colleges and goes through to today."

In recent years several HBCUs have flourished while others struggled.

"The universe for black colleges has changed in the last forty years or so," he says. "Before, these were the only places, pretty much, where black students could go if they wanted to get a higher education.

"Just as importantly they were the only places black professors could teach. After integration and now, to a certain degree, if you've gotten great marks in school and are at the top of your class you have options as to where you go to school. If you are a professor at the top of your profession in your chosen field you can teach at Howard or at Harvard where there are greater resources, greater prestige and you're getting paid more.

"There are choices now. Not to say that is bad in any way, but it has exacted a toll on black colleges and universities."

Still, Tell Them We Are Rising asserts HBCUs have an important place in higher education.

"We try to say that there are still reasons why any given student might choose to go to a black college or university. One of them is that it is a safe space. It is a space where you are not looked at as one of a kind. As one girl says, 'Movements are launched on black campuses,' because it is a place of people of like minds."

INTERVIEW

An offer just too tasty to turn down

Steve Gow
For Metro Canada

Nick Offerman isn't exactly a fan of the world's biggest fast food franchise yet he jumped at a chance to star as one of the original architects of McDonald's.

"It didn't take much," admitted the comic-actor recently, recalling the offer to star opposite Michael Keaton in acclaimed director John Lee Hancock's The Founder. "I mean, we could've been doing the life story of Hitler and I would've been, well, I love those artists and if they're on board, there must be something to it."

Essentially an origin story about the ubiquitous burger chain, Offerman plays one of the McDonald brothers that invented the notion of fast food with their California drive-in — until a milkshake mixer salesman named Ray Kroc convinces them to expand.

Under his leadership, McDonald's explodes but their earnest upstart transforms into a monopolized machine at the brothers' expense.

"I knew a lot of the story points already (but) what I didn't know were some of the personal narrative details of the actual McDonald brothers," said Offerman.

"It's so humanizing to learn that these two hard-working guys actually invented this way to cook food. It's an institution, it's always been around so you never think that somebody had to actually weld up those ketchup dispensers."

Offerman also delights that the opportunity allowed him to star as sibling to longtime character actor John Carroll Lynch who may be Hollywood's most recognizable unknown star.

"For me, he inhabits my legendary character actor file drawer," explained Offerman of the man behind memorable roles in everything from TV's Walking Dead to movies like Shutter Island.

"I haven't said his name to anybody where they haven't given me a blank look. But I say look him up, you've seen him and you love him."

That anonymity is an attribute Offerman treasures himself. While recognition has certainly expanded since breaking out as deadpan Ron Swanson on TV's Parks and Recreation, the 46-year-old actor remains happy to bask in the shadow of fame.

"There's pros and cons to both sides," laughed Offerman. "John Carroll Lynch and Nick Offerman can walk through airports and you'll get stared at and some people will stop you for a photo. But George Clooney can't even walk through an airport."

Nick Offerman, right, relished the chance to team up with John Carroll Lynch in The Founder. CONTRIBUTED

INTERVIEW

Why filming in -45C gives Inuit thriller a natural, gritty feel

Shooting an Inuit thriller in the frozen Canadian tundra has myriad challenges. But that's where veteran director Zacharias Kunuk finds his inspiration and passion, and where he returned for his revenge tale Maliglutit (Searchers).

Kunuk rattles off the frigid hurdles he faced while filming in Igloolik, Nunavut in March 2015 — lots of sheepskin was on hand to wrap precious camera and audio equipment, he says.

"It was an extremely cold year. It was colder than other years," says Kunuk.

His actors braved 10-hour days in temperatures as low as -45 C, he adds, and the "indoor" shoots offered only modest relief; they took place in igloos where temperatures hovered around -20 C, says Kunuk.

All par for the course for the celebrated filmmaker, whose resume of dramas and documentaries largely take place in and around his Northern home and offer a rare glimpse into the history of this remote region.

His latest Inuktitut-language feature centres on the abduction of two women by a group of murderous outlaws. Seal hunter Kuanana discovers his parents beaten, his son killed and his wife and daughter gone. He sets out with his grandson Siku to rescue them.

One-hundred years from now when we're gone, these films will be alive.
Director Zacharias Kunuk, left, with co-director and actor Natar Ungalaaq

Kunuk says he was partly inspired by the old Westerns he watched as a teen in Igloolik, including John Ford's classic The Searchers.

But while that 1956 film centred on an overtly racist cowboy's quest for revenge when his niece is abducted by Comanche Indians, Kunuk casts Inuit characters as both heroes and villains.

"We used that model but we turned it into our own style," says Kunuk. "We must make this film our way."

That included every effort to make sure Inuit culture was represented accurately.

The broader crew included carvers, seamstresses, Ski-Doo mechanics and hunters, the last group tasked with building igloos just as they would have been constructed in Nunavut circa 1913.

"I've seen (another film) where they put our seal oil lamp in the middle of the igloo and people were sleeping around it like a campfire, that's not how you do it. So we try to do it our culture's way. We have an elder who is the designer so she knows exactly where to put things."

If there's a documentary feel to it that's not by accident, Kunuk acknowledges. "Everything we do has a documentary feel to it," the 59-year-old chuckles. "One-hundred years from now when we're gone, these films will be alive."

THE CANADIAN PRESS

MOVIE LISTINGS

DOWNTOWN

Carlton Cinema Theatre
20 Carlton St., 416-494-9371

Arrival Fri-Thu 4:05-9:15 **The Founder** Fri-Thu 1:30-4:05-6:50-9:35 **Live by Night** Fri-Thu 1:10-4-6:45-9:35 **Neruda** Fri-Tue 4:10-9:20 Wed 4:10 Thu 4:10-9:20 **Nocturnal Animals** Fri-Sun 9:30 Tue-Thu 9:30 **Patriots Day** Fri-Thu 1-3:50-6:40-9:30 **Rogue One** Fri-Thu 1-3:50-6:45-9:30 **Sing** Fri-Sun 1:20-4-6:40 Mon 1:20-4 Tue-Wed 1:20-4-6:40 Thu 1:20-4 **Split** Fri-Thu 1:15-3:55-6:35-9:15 **xXx: Return of Xander Cage** Fri-Thu 1:35-4:15-6:55-9:25

Scotiabank Theatre
259 Richmond, 416-368-5600

Assassin's Creed Fri-Sun 4:50 Mon-Thu 4:45; 3D Fri-Sun 2:05-7:30-10:10 Mon-Thu 2:05-7:25-10:05 **The Bye Bye Man** Fri-Sun 1:10-3:40-6-8:20-10:40 Mon 1-3:20-5:40-8-10:20 Tue 1-4:15-5:40-8-10:20 Wed-Thu 1-3:20-5:40-8-10:20 **Doctor Strange** Fri 12:50-6:45 Sat 6:45 Sun-Mon 12:50-6:45 Tue 6:45 Wed-Thu 12:50-6:45; 3D Fri 4:15-10 Sat 10 Sun-Mon 4:15-10 Tue 10 Wed-Thu 4:15-10 **Fantastic Beasts** Fri-Thu 3:30-9:25; 3D Fri-Thu 1:15-7:05 **Nocturnal Animals** Fri-Sun 12:30-3:10-6:30-9:30 Mon-Thu 12:40-3:20-6:20-9 **Patriots Day** Fri-Sun 1:30-4:35-7:40-10:40 Mon-Thu 12:40-3:35-6:30-9:30 **Resident Evil** IMAX Thu 7-9:40 **Rogue One** Fri-Sun 12:45-3:45-6:45-9:50 Mon-Thu 12:55-3:50-6:50-9:50; 3D Fri-Sun 1:20-4:20-7:20-10:20 Mon-Thu 1:10-4:10-7:15-10:15 **Silence** Fri-Sun 12:15-3:35-7-10:25 Mon-Thu 2-6:25-9:50 **Split** Fri-Sun 1:05-4-6:50-9:45 Mon-Thu 1:20-4:05-6:55-9:40 Fri-Sun 1:45-4:40-7:35-10:30 Mon-Thu 1:45-4:30-7:20-10:10 **Underworld: Blood Wars** Fri-Sun 3:20 Mon-Thu 3; 3D Fri-Sun 12:55-5:35-7:50-10:05 Mon-Thu 12:45-5:20-7:35-9:55 **xXx: Return of Xander Cage** Fri 4:25 Sat 12:50 Sun 4:25 Mon-Wed 4:20 Thu 4:50; IMAX Fri-Sun 12-2:40-5:20-8-10:40 Mon-Wed 2:10-4:50-7:40-10:20 Thu 1:40-4:20; 3D Fri 1:35-7:10-9:55 Sat 4:15-7:10-9:55 Sun 1:35-7:10-9:55 Mon-Wed 1:40-7-9:35 Thu 2:10-7:40-10:20

Market Square
80 Front St., 416-494-9371

Hidden Figures Fri-Sat 12:40-4-7-9:40 Sun-Mon 4-9:40 Tue 12:40-4-7-9:40 Wed 4-9:40 Thu 12:40-4-7-9:40 Sun-Mon 12:40-7 Wed 12:40-7 **La La Land** Fri-Thu 1:05-3:55-6:55-9:35 **Live by Night** Fri-Thu 12:45-3:45-6:45-9:45 **Rogue One** Fri-Thu 1-4:05-7:05-9:55 **Split** Fri-Thu 12:55-3:40-6:50-9:50 **xXx: Return of Xander Cage** Fri-Thu 1:10-3:35-6:35-9:30

Varsity
55 Bloor St. W., 416-961-6304

20th Century Women Fri 1:10-4:05-7:15-10:20 Sat-Sun 10:30-1:10-4:05-7:15-10:20 Mon-Thu 1:10-4:05-7:15-10:20 **Fences** Fri-Thu 1:30-4:30-7:30-10:30 **Hidden Figures** Fri 1:45-4:40-7:35-10:30 Sat-Sun 10:50-1:45-4:40-7:35-10:30 Mon-Thu 1:45-4:40-7:35-10:30 **Jackie** Fri-Thu 1:50-4:55-7:40-10:25 **La La Land** Fri-Thu 12:20-3:45-7:05-10:20 Fri-Sun 12:30-3:30-6:30-9:35 Mon 1-4-7-10:05 Tue-Thu 12:30-3:30-6:30-9:35 Sat-Sun 10:45 **Lion** Fri 1:10-4:10-7:10-10:15 Sat-Sun 10:30-1:10-4:10-7:10-10:15 Mon-Tue 1:10-4:10-7:10-10:15 Wed 1:10-4:10-10:30 Thu 1:10-4:10-7:10-10:15 **Manchester by the Sea** Fri-Mon 12:10-3:20-6:40-10 Tue 12:20-3:35-6:40-10 Wed-Thu 12:10-3:20-6:40-10 Fri-Sun 1-4-7-10:05 Mon 12:30-3:30-10:20 Tue-Thu 1-4-7-10:05 **Moonlight** Fri 1:05-3:55-6:45-9:40 Sat-Sun 10:30-1:05-3:55-6:45-9:40 Mon-Thu 1:05-3:55-6:45-9:40 **Silence** Fri-Tue 12-3:30-7-10:30 Wed 12-3:25-7-10:30 Thu 12-3:30-7-10:30 Fri-Thu 2-5:40-9:05

Yonge & Dundas 24
10 Dundas St, 416-977-2642

20th Century Women Fri 2-4:45-7:30-10:15 Sat-Sun 11:15-2-4:45-7:30-10:15 Mon 1:25-4:10-7:30-10:15 Tue-Wed 2-4:45-7:30-10:15 Thu 1:20-4:25-10:15 **Arrival** Fri 1:55-4:45-7:45-10:35 Sat-Sun 11:20-2:10-5-7:50-10:35 Mon-Wed 7:40-10:20 **Dangal** Fri 1:25-3:55-7:15-10:35 Sat-Sun 11:40-3:15-6:45-10:15 Mon-Tue 1:35-3:30-6:50-10:15 **A Dog's Purpose** Thu 7:35-10:10 **Fences** Fri 1-4:10-7:35-10:50 Sat-Sun 12-3:20-6:50-10:10 Mon-Thu 7:10-10:10 **The Founder** Fri 1:45-4:30-7:20-10:10 Sat-Sun 11:05-1:45-4:30-7:20-10:10 Mon-Wed 1:45-4:30-7:20-10:10 Thu 4:30-7:20-10:10 **Girls und Panzer: Der Film** Thu 7:30 **Gold** Thu 7:40-10:25 **Hell or High Water** Fri 7 Sat 8:45 Sun 7 Mon 4:30 Tue 2-4:30-9:30 Wed 4:55-9:30 Thu 2-4:30-10 **Hidden Figures** Fri 1:40-4:35-7:30-10:25 Sat-Sun 11-1:55-4:50-7:45-10:40 Mon-Thu 12:35-3:40-6:50-9:50 **Jackie** Fri 1:25-3:45-6:10-8:35-11 Sat-Sun 11-2:40-5:05-7:35-10:05 Mon-Tue 12:50-5:05-7:45-10:15 **Kaabil** Wed-Thu 1:05-4:10-7:10:05 **La La Land** Fri 12-3-6-9 Sat 6-9 Sun 12-3-6-9 Mon-Tue 12-2:55-5:50-8:50 Wed 11:30-8:40 Thu 12-2:55-5:50-8:50; IMAX Fri 1:35-4:25-7:10-10:10 Sat-Sun 11:30-2:15-5:10-8:05-11 Mon-Thu 1:45-4:40-7:35-10:35 **Lion** Fri 1:35-4:40-7:30-10:20 Sat-Sun 12:25-3:30-6:40-9:50 Mon-Wed 1:40-4:25-6:40-9:40 Thu 1:40-6:40-9:40 **Live by Night** Fri 1-4:15-7:25-10:30 Sat-Sun 11:35-1:25-4:25-7:25-10:30 Mon-Wed 1:30-4:30-7:35-10:30 Thu 4:30-7:35-10:30 Fri-Sun 12:30-3:30-6:30-9:30 Mon-Tue 12-3:15-6:20-9:20 Wed 12:30-3:30-6:30-9:40 Thu 12-3:15-6:20-9:20 **Manchester by the Sea** Fri 1:30-4:25-7:30-10:35 Sat-Sun 12:30-3:40-7:15-10:35 Mon-Thu 7:15-10:15 **Moana** Fri 4:30 Sat-Sun 4:45; 3D Fri 1:50-7:25-10:10 Sat-Sun 11:30-2:05-7:35-10:25 Mon-Wed 7:35-10:25 **Monster Trucks** Fri 4:45 Sat-Sun 2:35; 3D Fri 2:05-7:40-10:40 Sat-Sun 12-5:10-7:40-10:20 Mon-Thu 7:40-10:20 **Passengers** Fri-Sun 5:10 Mon-Wed 5:05; 3D Fri 2:25-7:55-10:40 Sat-Sun 11:45-2:25-7:55-10:40 Mon-Wed 2:25-7:05-9:55 Thu 7:05-9:55 **Raees** Wed-Thu 1:10-4:20-6:30-9:35 **Rogue One** Fri-Thu 4:05; 3D Fri 1-7:20-10:30 Sat 1-7:30-10:40 Sun-Thu 1-7:20-10:30 **Sing** Fri 1:45-4:25 Sat-Sun 11:55-2:30 Mon-Thu 2:25; 3D Fri 7:05-9:45 Sat-Sun 5:05-7:40-10:25 Mon-Thu 5-7:15-10:05 **Split** Fri 12-2:40-5:30-8:20-11:10 Sat 12-3-5:30-8:20-11:10 Sun 12-2:40-5:30-8:20-11:10 Mon-Tue 12:30-3:30-6:40-9:40 Wed 1:30-2:30-5:30-10 Thu 12:30-3:30-6:40-9:40 **Why Him?** Fri 1:30-5:20-8:05-10:55 Sat-Sun 11:50-2:35-5:20-8:05-10:45 Mon 10:30 Tue-Thu 7:50-10:30 **xXx: Return of Xander Cage** 3D Fri 1:30-4:25-7-10 Sat 1:30-4:25-7:10-10 Sun-Tue 1:30-4:25-7-10 Wed 12-3-6-9 Thu 1:30-4:25-7-10 Fri 12:40-3:15-5:50-8:25-11 Sat-Thu 12:05-2:40-5:15-7:50-10:25

MIDTOWN

Yonge-Eglinton Centre
2300 Yonge St., 416-544-1236

Hidden Figures Fri 1:10-4:05-7-10 Sat 12:40-3:45-7-10 Sun 1-4:30-7:20-10:15 Mon-Thu 1:10-4:05-7-10 **La La Land** Fri 1:20-4:15-7:10-10:10 Sat 12:30-3:35-6:50-9:55 Sun 12:40-3:45-6:55-10 Mon-Thu 1:20-4:15-7:10-10:10 Fri 3:30-6:30-9:35 Sat 12:30-3:30-6:30-9:35 Sun 12:30-3:30-6:30-9:30 Mon-Wed 3:30-6:30-9:30 Thu 3:50-7:15-9:30 **Live by Night** Fri 1:15-4:10-7:05-10:05 Sat 4:10-7:05-10:05 Sun-Tue 1:15-4:10-7:05-10:05 Wed 4:10-7:05-10:05 Thu 1:15-4:10-7:05-10:05 Fri 4-7-10 Sat-Sun 1-4-7-10 Mon-Wed 4-6:55-9:55 Thu 4:15-10:15 **Passengers** Fri 4-9:40 Sat 4:05-9:40 Sun-Wed 4-9:40 Thu 4; 3D Fri 1:15-6:40 Sat-Sun 6:40 Mon-Tue 1:15-6:40 Wed-Thu 1:15 **Patriots Day** Fri 1:25-4:20-7:15-10:15 Sat 11:40-3-6:30-9:35 Sun 12:20-3:20-6:30-9:35 Mon-Thu 1:25-4:20-7:15-10:15 **Resident Evil** 3D Thu 7:15-10 **Rogue One** Fri 1:30-7:25 Sat 12:15-6:45 Sun 12:30-6:45 Mon-Thu 1:30-7:25; 3D Fri 4:25-10:30 Sat 3:25-10:20 Sun 3:35-9:55 Mon-Thu 4:25-10:20 **Sing** Fri 1:10-3:55 Sat 11:10-1:40-4:55 Sun-Thu 1:10-3:55; 3D Fri 6:45-9:30 Sat 7:30-10:10 Sun 7-9:45 Mon-Tue 6:45-9:30 Wed 6:45-9:55 Thu 6:45-9:30 **Split** Fri 1:45-4:40-7:35-10:25 Sat 1:20-4:55-7:40-10:25 Sun 12:25-3:10-6:35-9:30 Mon-Tue 1:45-4:40-7:35-10:15 Wed 4:40-7:35-10:15 Thu 1:45-4:40-7:35-10:15 **xXx: Return of Xander Cage** Fri-Sat 5:20 Sun 5:15 Mon-Thu 5:20; 3D Fri 2:40-7:55-10:30 Sat 12-2:40-7:55-10:30 Sun 12:15-2:45-7:45-10:15 Mon-Thu 2:40-7:50-10:20 Fri 4:30-7:30-10:30 Sat 1:30-4:30-7:30-10:30 Sun 1:30-4:30-7:30-10:20 Mon-Wed 4:30-7:15-10:15 Thu 3:30-6:50-9:55

NORTH YORK

Empress Walk
5095 Yonge St., 416-223-9550

The Founder Fri 1:40-4:50-7:40-10:25 Sat 1:30-4:50-7:40-10:25 Sun 1:30-4:40-7:40-10:25 Mon 4:40-7:30-10:15 Tue 4:40-7:35-10:20 Wed 3:30-6:30-10:15 Thu 4:40-7:30-10:15 **Hidden Figures** Fri 12:20-3:20-6:30-9:30 Sat 12:20-3:20-6:30-9:30 Sun 12:20-3:20-6:30-9:30 Mon 4:10-7:10-10:05 Tue 4:10-7:10-10:10 Wed-Thu 4:10-7:10-10:05 **La La Land** Fri-Sun 12:50-4-7:10-10:20 Mon 4-7:10:10 Tue 4-7:10:15 Wed-Thu 4-7:10:10 **Lion** Fri-Sun 12:30-3:40-6:40-9:40 Mon 4:20-7:20-10:15 Tue 4:20-7:20-10:20 Wed-Thu 4:20-7:20-10:15 **Live by Night** Fri 1:15-4:20-7:30-10:30 Sat 7:30-10:30 Sun 4:10-7:30-10:30 Mon-Thu 3:40-6:45-9:45 **Master** Fri-Sun 12:20-3:30-6:50-10:05 Mon-Tue 3:30-6:40-9:50 Wed 9:50 Thu 3:30 **Moonlight** Fri 1:30-4:30-7:20-10 Sat 1:20-4:30-7:20-10 Sun 1:20-4:20-7:20-10 Mon-Thu 4:30-7:15-10 **Patriots Day** Fri 1-4:10-7:25-10:25 Sat 6:30-9:50 Sun 1:05-4:30-7:25-10:30 Mon-Thu 3:30-6:30-9:35 **Resident Evil** IMAX Thu 7:30-10:10 **Rogue One** Fri-Thu 3:50; 3D Fri-Sun 12:40-7-10:10 Mon-Thu 6:50-9:55 **xXx: Return of Xander Cage** IMAX Fri 1:50-5-7:50-10:30 Sat 1:40-5-7:50-10:30 Sun 1:40-5-7:50-10:25 Mon 4:50-7:30-10:05 Tue 4:50-7:30-10:10 Wed 4:50-7:30-10:05 Thu 4:40; 3D Thu 6:40-9:30

SilverCity Yorkdale 6
3401 Dufferin St., 416-444-3456

Hidden Figures Fri-Sun 1:15-4:10-7:10-10:10 Mon-Thu 1:10-4:10-7:10-10:05 **La La Land** Fri-Sun 12:45-3:50-7-10:05 Mon-Thu 12:40-3:50-7-10 **Moana** Fri 2-4:40 Sat 11:20-2-4:40 Sun 2-4:40 Mon-Thu 12:50-3:30 **Monster Trucks** Fri-Sun 5:10 Mon-Thu 4:30; 3D Fri 12-2:30-7:50-10:25 Sat 11:45-2:30-7:50-10:25 Sun 12-2:30-7:50-10:25 Mon-Thu 1:40-7:40-10:15 **Passengers** Fri-Sun 4 Mon-Thu 3:50; 3D Fri-Sun 1-6:40-9:40 Mon-Wed 1-6:40-9:35 Thu 1 **Patriots Day** Fri-Sun 7:30-10:50 Mon-Thu 6:30-9:40 **Resident Evil** 3D Thu 7:15-9:55 **Rogue One** Fri-Sun 12:15-6:50 Mon-Thu 12:30-6:45; 3D Fri-Sun 3:40-10 Mon-Thu 3:40-9:50 **Sing** Fri 1:45-4:30 Sat 11:10-1:45-4:30 Sun 1:45-4:30 Mon-Thu 1:20-4; 3D Fri-Sun 7:20-10:05 Mon-Thu 6:50-9:30 **Split** Fri-Sun 1:30-4:20-7:30-10:30 Mon-Thu 1:30-4:20-7:20-10:10 **Underworld: Blood Wars** Fri-Sun 5 Mon-Thu 4:50; 3D Fri-Sun 12:30-3-7:40-10:20 Mon-Thu 1:50-7:50-10:10 **xXx: Return of Xander Cage** Fri-Sun 5:20 Mon-Thu 4:40; 3D Fri-Sun 12-2:40-8-10:40 Mon-Thu 2-7:30-10:15

Silvercity Fairview 1800
Sheppard Ave., 416-644-7746

Girls und Panzer: Der Film Thu 7:30 **La La Land** Fri 1-4-7-10:20 Sat 11:10-1:20-4:10-5-7:10-10:20 Sun 1-4-7-10:20 Mon 1:30-4:15-7-10:15 Tue 1-4-7-10:20 Wed 1:30-4:35-7:20-10:20 Thu 1:30-4:15-7-10:20 **Live by Night** Fri 1:10-4:25-7:40-10:45 Sat 1:40-7:50-10:45 Sun 1:10-4:25-7:40-10:45 Mon 1:30-4:30-7:30-10:30 Tue 1:10-4:25-7:40-10:45 Wed 4:05-7:35-9:45 Thu 1:30-4:30-7:30-10:30 **Moana** Fri 1:20-4:20-7:10 Sat 11-1:35-4:20-7 Sun 1:20-4:20-7:10 Mon 1:50-4:35-7:10 Tue 1:20-4:20-7:10 Wed 4:35-7:10 Thu 1:50-4:35-7:10 **Monster Trucks** Fri 4:35 Sat 11:20-4:25 Sun 4:35 Mon 4:50 Tue 4:35 Wed-Thu 4:50; 3D Fri 1:30-7:15-10:05 Sat 1:55-7:20-10:05 Sun 1:30-7:15-10:05 Mon 2-7:15-10:05 Tue 1:30-7:15-10:05 Wed 2-7:15-9:55 Thu 2-7:15-9:45 **Passengers** Fri 5 Sat 4:55 Sun 5 Mon 4:50 Tue 5 Wed 4:55 Thu 4:15; 3D Fri 2-7:50-10:45 Sat 7:55-10:45 Sun 2-7:50-10:45 Mon 1:45-7:25-10:10 Tue 2-7:50-10:45 Wed 2-10:30 Thu 1:30-10 **Rogue One** Fri 1-7:35 Sat 1-7:30 Sun 1-7:35 Mon 1:30-7:30 Tue 1-7:35 Wed-Thu 1:30-7:30; 3D Fri-Sun 4:15-10:45 Mon 4:30-10:30 Tue 4:15-10:45 Wed-Thu 4:30-10:30 **Sing** Fri 1:35-4:30 Sat 11-5:05 Sun 1:35-4:30 Mon 2:05-4:45 Tue 1:35-4:30 Wed-Thu 2:05-4:45; 3D Fri 7:30-10:25 Sat 7:35-10:25 Sun 7:30-10:25 Mon 7:30-10:15 Tue 7:30-10:25 Wed-Thu 7:30-10:05 **Split** Fri 1:15-4:25-7:25-10:10 Sat 2:10-5:10-8-10:45 Sun 1:15-4:25-7:25-10:10 Mon 1:30-4:40-7:30-10:10 Tue 1:15-4:25-7:25-10:10 Wed 1:45-4:40-7:40-10:15 Thu 1:30-4:40-7:40-10:20 **Underworld: Blood Wars** 3D Fri-Tue 10 Wed-Thu 9:45 **xXx: Return of Xander Cage 3D** Fri 1:45-4:45-7:55-10:45 Sat 11:10-1:45-4:45-7:45-10:45 Sun 1:45-4:45-7:55-10:45 Mon 2:10-4:55-7:50-10:25 Tue 1:45-4:45-7:55-10:45 Wed-Thu 2:15-5-7:55-10:30

All showtimes run between Friday, Jan. 20 and Thursday, Jan. 26.

Retirement is an important chapter in your life story.

Everyone has different plans and goals for retirement. With expert advice, financial planning tools, and award-winning investment options, a Scotiabank® advisor* can help you craft a customized retirement plan that will bring your dreams to life. And with our simplified approach to retirement planning, we make the conversation simple and easy. It's your life story. We're here to help you write it.

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Fanciest cheap eats in the world

SINGAPORE

For $2 and 2.5 hours, you can get a Michelin-starred meal

David Bateman
For Torstar News Service

Two plates of food and a bowl of soup at Hill Street Tai Hwa Pork Noodle costs less than $10, the second cheapest Michelin star meal in the world. At Hong Kong Soya Sauce Chicken and Rice (left and top right) you can get a dish for less than $2. ALL PHOTOS DAVID BATEMAN/FOR TORSTAR NEWS SERVICE

I might have started a black market.

There's hundreds of food stalls at Chinatown's hawker complex and only one is busy.

The fantastically literal Hong Kong Soya Sauce Chicken Rice and Noodle sells the world's cheapest Michelin-star food, starting at $2 SGD ($1.92 CDN). Less than a box of Timbits.

The wait was 45 minutes before Michelin's first Singapore guide launched in July. Parched, salivating customers now wait 2.5 hours.

As perplexing as chefs dreaming of acclaim from a tire company seems, a star is a culinary Academy Award and eating Michelin food is on many bucket lists.

Most other hawker stalls close at around 4 p.m., when chef Chan Hon Meng turns customers away because he's out of food.

That's a problem for me at 3:45 p.m. As always, I'm late, and I leave Singapore the next day. Mission impossible? I've no Tom Cruise smile to flash, only crooked fangs and a broad Scottish accent.

Truthfully, creating a black market was accidental. A Singaporean who translated for me realized she ordered far too much food. For a few bucks, I bought her (untouched, I'm no animal) leftovers.

At Hill Street Tai Hwa Pork Noodle, the only other Michelin-starred food stall, I go straight and wait in line for the dry minced meat noodles dish and a bowl of soup. Cost: less than $10 CDN.

It's tough. I have the patience of a hungry cat watching its owner struggling with a tin of tuna.

My feet ache and I lose a good shirt to sweat.

The lineup is more subdued than Texas barbecue hot spots, but Singaporean couple Mevlyn Chew and Andy Teo kindly talk me through the three-dish menu.

I ask what makes Tai Hwa more special than hawker stalls offering national dishes?

"Every time, the minced meat noodles is the same," says Chew.

"We go to other stalls because we need to eat. This one, you remember it.

Hong Kong Soya Sauce Chicken Rice and Noodle will need a better acronym than HKSSCRN if local media reports are true that Meng wants to sell his recipe for $2 million and rival KFC.

Meng proves elusive, inadvertently hiding between bars of golden brown chickens and red pork drying on hooks. He's earned every wrinkle on his forehead, working 17-hour days.

I feel silly complaining of tiredness watching Meng and Tai Hwa's octopus-chef. He sieves noodles, adds sauce, tosses noodles to water, pivots, douses noodles, adds meat, plates it, and begins the next masterpiece.

Hours of waiting and commotion end at the smack of cafeteria trays on plastic tables. Good food creates silence. Necks hunch. Thumbs go up, mouths preoccupied. Neanderthal grunts ensue.

At Tai Hwa, comforting noodles mingle with crispy pork. A tiny piece of fragrant fish overwhelms my mouth.

Chicken glistens at HKSSCRN, the cheaper acronym-deficient stall where I barely waited. The meat is slick, not greasy. Bouncy yet delicate. Salty soy animates the crispy-lined pork edges and chicken skin.

Ignoring a few hungover life-saving bacon rolls, both stalls are the best sub-$5 food I can remember.

The experience, foot blisters and all, transcends the camaraderie of sharing food.

It forces international strangers to share the wait, too, and maybe even some leftovers.

David Bateman is a Scottish writer.

TRENDING

Casual fare
While the powers that be at Michelin are still awarding stars mainly to high end restaurants, these aren't the only cheap eats to make the list. Last year, Michelin's Tokyo guide featured a $14 ramen noodle bar.

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Beauty pageant of the sea

As the story goes, the training ship Amerigo Vespucci was sailing the Mediterranean in 1962 when the U.S. aircraft carrier Independence spotted it and radioed: "Who are you?" Came the reply: "School ship Amerigo Vespucci, the Italian Navy." The Independence answered: "You are the most beautiful ship in the world."

Tall ships sometimes come with tall tales, and whether that one is true may be lost to history. What's not in dispute is that the venerable three-masted frigate is a handsome piece of work and just one of dozens of majestic ships that will be sailing North Atlantic waters this summer, visiting ports along the St. Lawrence River for weeks and gathering en masse in Quebec City July 18-23.

Early planning may pay off because hotel rooms are likely to be hard to come by close to the event. THE CANADIAN PRESS

Amerigo Vespucci.
THE ASSOCIATED PRESS FILE

Europe on $5 a day, 60 years later

FROMMER'S

Guidebook creator talks transforming travel industry

Arthur Frommer with his daughter Pauline, who now runs the business. PETER MORGAN/THE ASSOCIATED PRESS

This year the legendary travel guidebook writer Arthur Frommer celebrates 60 years since the publication of his 1957 book, Europe on $5 a Day.

His message of authentic bargain travel encouraged average people — not just the wealthy — to vacation abroad.

How did the brand begin?
While in the army overseas, I was always struck by the fact that my fellow GIs did not travel. They were scared to travel. They were worried about how you would pay for various items. What currency would you use, where would you live at night, and I decided to do a guidebook.

You returned to New York to practice law but decided to write another guidebook for civilians.
During a one-month vacation, I returned to Europe and I went running to 15 different European cities, getting up at 5 a.m. in the morning, hitting the streets, going from one guest house to another, from one low-cost restaurant to another, and I then wrote a book called Europe on $5 a Day.

What was the impact?
In the 1950s, most Americans had been taught that foreign travel was a once-in-a-lifetime experience, especially travel to Europe.

They were taught that they were going to a war-torn country where it was risky to stay in any hotel other than a five-star hotel. It was risky to go into anything but a top-notch restaurant. ... And I knew that all these warnings were a lot of nonsense.
THE ASSOCIATED PRESS

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metro SPORTS

Falcons All-Pro receiver Julio Jones missed practice again Thursday with a sprained left toe but said he's confident he'll be ready Sunday

Pivotal moment

There's a lot of talk heading into Sunday's NFL conference title games about the accomplishments, talents and legacies of the four outstanding starting QBs, which makes sense. These guys are not perfect, though. They make mistakes. And chances are, one or more will do so again this weekend. So what stands out about these QBs?

TOM BRADY 1

POSITIVES: Diagnoses a blitz and shifts the play; 126.8 passer rating against blitzes led the league, according to Sportradar. Turns seemingly anyone into an effective receiver, putting the football where teammates can make big plays; sixth in the NFL this season in percentage of total yards after the catch (49.1), according to Sportradar.

NEGATIVES: In 10 conference title games, owns 76.3 passer rating with 12 TDs, 12 INTs. On post-season deep throws (more than 20 yards in the air) since 2007: 50.6 rating; 26 completion percentage, 4 TDs, 6 INTs.

THEY SAID IT: "He does such a good job of relating to you ... the way that he likes things to be run, his route details and that type of stuff."
— **Patriots WR Chris Hogan**

JIM ROGASH/GETTY IMAGES

KEVIN C. COX/GETTY IMAGES

MATT RYAN 4

POSITIVES: Spreads the ball around, setting an NFL record with TD passes to 13 receivers this season. His 135.4 passer rating on deep throws led NFL, according to Sportradar, and his 9.3 yards per attempt were surpassed only by three QBs since the AFL-NFL merger. Durable, making 120 consecutive starts.

NEGATIVES: Only had seven INTs this season, but four came in losses — three in the final four minutes; another was a pick-6 late in the first half. Trailing by one possession in the fourth quarter, career passer rating is 81.9, with 16 TDs, 14 INTs. Just 2-4 in playoff games, with 7 INTs.

THEY SAID IT: "We've got a lot of different moving parts and different guys that can make plays."
— **Matt Ryan**

THE ASSOCIATED PRESS

JUSTIN K. ALLER/GETTY IMAGES

BEN ROETHLISBERGER 2

POSITIVES: Long known for extending plays, now quickly understands what's available and gets the ball to playmakers. Trailing in the fourth quarter of one-possession games this season, compiled near-perfect 156.1 passer rating, 27 for 31 for 371 yards, 4 TDs, no INTs.

NEGATIVES: Can be troubled by blitzes: 78.6 passer rating this season, 24th in the league. Brady, in contrast, led the NFL at 126.8, according to Sportradar; Matt Ryan is No. 2 at 122.5.

THEY SAID IT: "He is just making really good pre-snap decisions and post-snap decisions.... He is doing a better job of not trying to make a 'Ben-like' play all the time."
— **Pittsburgh Steelers offensive co-ordinator Todd Haley**

AARON RODGERS 3

POSITIVES: Terrific out of the pocket, often via designed rollouts. This post-season, according to Sportradar, he's 16 for 20 for 234 yards, with 2 TDs, 0 INTs and a 148.8 rating on such plays. Every other playoff QB has thrown for 182 yards combined and a 56.2 rating.

NEGATIVES: Only 17-36 with a game-winning drive or comeback opportunity, a .321 winning percentage that's by far the worst of this bunch, according to Scott Kacsmar of Football Outsiders.

THEY SAID IT: "Look at the flexibility, the ability to turn his hips, the flexibility he has in his shoulder and elbow."
— **Green Bay Packers coach Mike McCarthy** on Rodgers' ability to throw while moving to his left.

TOM PENNINGTON/GETTY IMAGES

AFC CHAMPIONSHIP GAME

Big Ben: I'm not on Brady's level

Ben Roethlisberger intended for the moment to be private. The camera following him to midfield and the microphone tucked inside Tom Brady's shoulder pads ended up making that impossible.

Their brief exchange before Brady and the New England Patriots visited the Pittsburgh Steelers in October provided a snapshot into a rivalry that never was. They bro-hugged. They lamented the left knee injury that forced Roethlisberger out of the lineup on that warm late fall afternoon.

And then Roethlisberger made an uncharacteristic request: a signed Brady jersey to hang on the wall in Roethlisberger's home office next to Hall of Famers Dan Marino, John Elway and Jim Kelly.

They are the dragon. We are trying to slay them.
Ben Roethlisberger

"I consider him one, if not the best of all-time," Roethlisberger said.

A group Roethlisberger does not include himself in.

The reason is simple: rings. Brady has four, including two he earned while carving a path through the playoffs that included victories in Pittsburgh in 2001 and 2004. Roethlisberger has two, neither of which required Roethlisberger or the Steelers to take out Brady along the way.

It's why Roethlisberger just shakes his head when asked if he's part of the "gold standard" label that he so eagerly attaches to Brady.

"Not as (his) level," Roethlisberger said. "Obviously, with all the Super Bowls he has."

THE ASSOCIATED PRESS

NFC CHAMPIONSHIP GAME

Leaky pass Ds to be put to the test

The Green Bay Packers' blueprint to slow down Atlanta in the NFC championship game focuses on turning the high-octane Falcons into a one-dimensional offence.

It sounds simple. But it could be tough to execute for the Packers with their injury issues in the secondary. It's tough enough to contain All-Pros Matt Ryan and Julio Jones with a healthy defence.

Linebacker Clay Matthews is eager to take on the next test when the Packers visit the Georgia Dome on Sunday.

"That's ultimately what we strive for each and every week," Matthews said about slowing down Atlanta's fifth-ranked rushing attack to create favourable pass-rushing situations. "It's about stopping the run and getting after the quarterback."

It's about stopping the run and getting after the quarterback.
Packers LB Clay Matthews

The Falcons' own leaky pass defence will also be stressed.

Green Bay's Aaron Rodgers has been nearly unstoppable of late, with 21 TD passes and one interception over an eight-game winning streak.

"We love a challenge," Falcons cornerback Robert Alford said when asked if he was insulted by predictions of a high-scoring game.

But the conditions do seem ripe for a shootout, just like when Atlanta beat Green Bay 33-32 in Week 8. The Packers were ranked 31st out of 32 teams in the regular season in pass defence (269.3 yards per game); the Falcons were 28th (266.7 yards) in the league. THE ASSOCIATED PRESS

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Riding shotgun with the best

MAPLE LEAFS

Brown's hockey trajectory has been helped along by elites

Connor Brown has been blessed when it comes to some of the centres he's played with in his hockey career.

He was on Connor McDavid's wing a fair bit in junior with the Erie Otters. Now he's on Auston Matthews' wing in the NHL with the Maple Leafs.

A couple of beauties, as they say in hockey parlance.

"A lot of teams have stars and, to play with one, you see the difference," Brown said.

Lining up with Matthews has been eye-opening.

"Plays don't die with him," said Brown. "You can go to him and the puck is going to come back. It's fun. You have to think on his level. That's what I try to do."

The look on Brown's face after he scored off a faceoff last week on a play Matthews drew up — push the puck forward then flip it back to Brown — suggested Brown couldn't believe it happened.

Connor Brown GETTY IMAGES

"I knew it was coming but I didn't think it would be sitting on a tee for me with four guys around me."

This is not to accuse Brown of riding anyone's coattails. The success he has had is due to the work he's put in.

"He spent the whole summer with Zach Hyman in the gym," said Leafs coach Mike Babcock. "They are machines. They work hard every day, so they earn the right to feel good about themselves.

"They came into camp strong. They're relentless. They practise harder. They work harder than everyone else every single day. They don't need booster cables up to their butt to get them going in the morning."

It was William Nylander who started the season on Matthews' right wing, replaced by Brown. Hyman has been on the left side since Game 1.

"Brown is great, we're really good friends off the ice," said Matthews. "That really translates to success on the ice. We have fun out there. We look out for each other. And Hyman works well in front of the net, creating space. We all just work hard out there, create space for each other and try to get pucks to the net."

TORSTAR NEWS SERVICE

NHL RANGERS FINISH LEAFS IN THIRD The New York Rangers celebrate against the Maple Leafs during Thursday's game at Air Canada Centre. The Rangers won 5-2. FRANK GUNN/THE CANADIAN PRESS

NBA

DeRozan cracks all-star starting five

Toronto's DeMar DeRozan won a tiebreaker to join Cleveland's LeBron James among the East's starters for the NBA All-Star Game.

The rest of the East lineup for the Feb. 19 game in New Orleans is Kyrie Irving of Cleveland, Giannis Antetokounmpo of Milwaukee, and Jimmy Butler of Chicago. DeRozan beat out Boston's Isaiah Thomas.

The West starting five is Stephen Curry, Kevin Durant, James Harden, Russell Westbrook and Kawhi Leonard.

DeRozan, who is averaging career highs in points (28.2), rebounds (5.4) and steals (1.24) through 42 games, will be playing in his third All-Star Game.

THE ASSOCIATED PRESS

DeMar DeRozan GETTY IMAGES

IN BRIEF

Bouchard collapses against Vandeweghe

American Coco Vandeweghe defeated former semifinalist Eugenie Bouchard 6-4, 3-6, 7-5 in the third round at the Australian Open Thursday.

Vandeweghe rallied from a break down in the third set and fought off four more break points for the win.

THE CANADIAN PRESS

Source: O's re-sign Trumbo

The Baltimore Orioles have agreed to a $37.5 million, three-year contract to keep major league home run champion Mark Trumbo, a person familiar with the negotiations told AP.

THE ASSOCIATED PRESS

Stalwart women's trio to end Canada careers in B.C.

Three veteran members of Canada's women's soccer team will make their final appearance with the team in a Feb. 4 game against Mexico at B.C. Place.

Striker Melissa Tancredi, defender/striker Rhian Wilkinson and defender Marie-Eve Nault announced their retirements last Friday in Vancouver.

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Pep's City a wounded beast

PREMIER LEAGUE

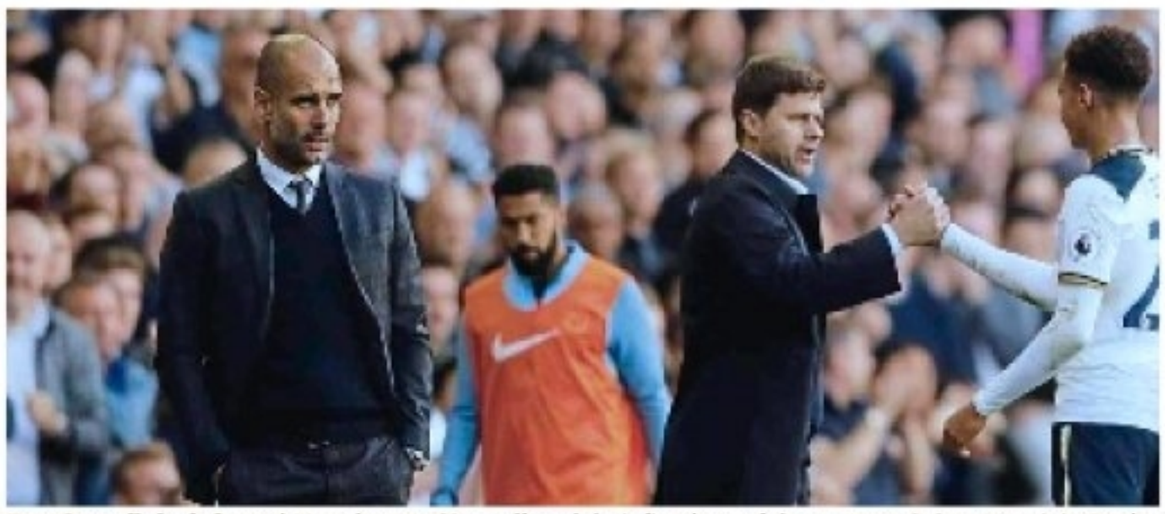
Spurs come to Etihad on fire while Sky Blues' big loss lingers

In one dugout at Etihad Stadium on Saturday will be a manager enjoying a six-match winning streak with his second-placed team. In the other, a manager reeling from the joint biggest loss of his career and down in fifth place.

Few at the start of the English Premier League would have predicted it would be Tottenham manager Mauricio Pochettino with the edge over struggling Manchester City counterpart Pep Guardiola.

But the top of the standings is confounding expectations in the second half of the season. City hosts Tottenham with Guardiola's side trailing the second-place London club by three points and leader Chelsea by 10 points.

Having already ruled City out of the title race, Guardiola is now in a scrap just to secure Champions League qualification by finishing in the top four as he endures a difficult first season in English soccer.



Pep Guardiola, left, and Manchester City suffered their first loss of the season, 2-0 to Mauricio Pochettino's Tottenham, when they visited White Hart Lane on Oct. 2. FRANK AUGSTEIN/THE ASSOCIATED PRESS

It was against Tottenham in early October when Guardiola experienced his first setback at City, with Pochettino ending the former Barcelona and Bayern Munich coach's winning league start. Last weekend, he was humbled by a 4-0 loss at Everton, a career low for the Champions League-winning coach.

Has Guardiola lost the Midas touch? "The coach has to adapt with the players, the players have to adapt with the coach," Eric Abidal, who played under Guardiola at Barcelona, told The Associated Press on Thursday.

4-0

Manchester City's 4-0 loss to Everton at Goodison Park last week was one of the worst defeats of Pep Guardiola's managerial career.

"Tactically, and the methodology of Pep Guardiola is methodology from Barcelona. He needs time. They will win trophies."

City racked up six successive wins in the league before losing 2-0 at Tottenham on Oct. 2. Since then City has dropped 18 points, winning seven of its 14 games as the shortcomings of the brittle defence and shaky goalkeeper Claudio Bravo has been exposed.

City's attacking options have been reinforced with Gabriel Jesus completing his move from Palmeiras in time to feature against Tottenham.

"Gabriel is a technically gifted player who was chased by some of Europe's biggest clubs and we are delighted he decided to join City," director of football Txiki Begiristain said. "He has the potential to become one of the best attacking players in the game."

And for the 19-year-old Jesus, Guardiola played a big part in deciding his next destination.

"He was the only manager who called me so I was very pleased," Jesus said. "One thing I've noticed is that, like me, he is mad about football. He lives football 24 hours a day. I'm like that, too.

Tottenham could move six points clear of City by completing the double over Guardiola's side. And for Pochettino it's not just about securing a second successive season in the Champions League but delivering the north London club's first domestic title since 1961.

"We have to try to show that we can be real contenders for the Premier League, that's the real challenge," Pochettino said. "It's more important that we can show ourselves, rather than show Manchester City."

THE ASSOCIATED PRESS

SOCCER BRIEFS

Brazil-Colombia friendly a fundraiser for Chapecoense

Veteran forward Robinho has been called back into Brazil's national team for Wednesday's friendly against Colombia — a match that will raise funds for the families of the victims of the Chapecoense team air crash. THE ASSOCIATED PRESS

Algeria on brink of AFCON exit after loss to Tunisia

Title contender Algeria self-destructed and are on the brink of elimination at the African Cup of Nations, giving away an own goal and paying for some even worse defending in losing to North African rival Tunisia 2-1 on Thursday. Elsewhere, Senegal beat Zimbabwe 2-0 to qualify for the semifinals.

THE ASSOCIATED PRESS

Barca end Sociedad curse

Barcelona's 10-year winless run at Real Sociedad is finally over after Neymar's first-half penalty gave the Catalans a 1-0 win in a first-leg quarterfinal of the Copa del Rey on Thursday.

THE ASSOCIATED PRESS

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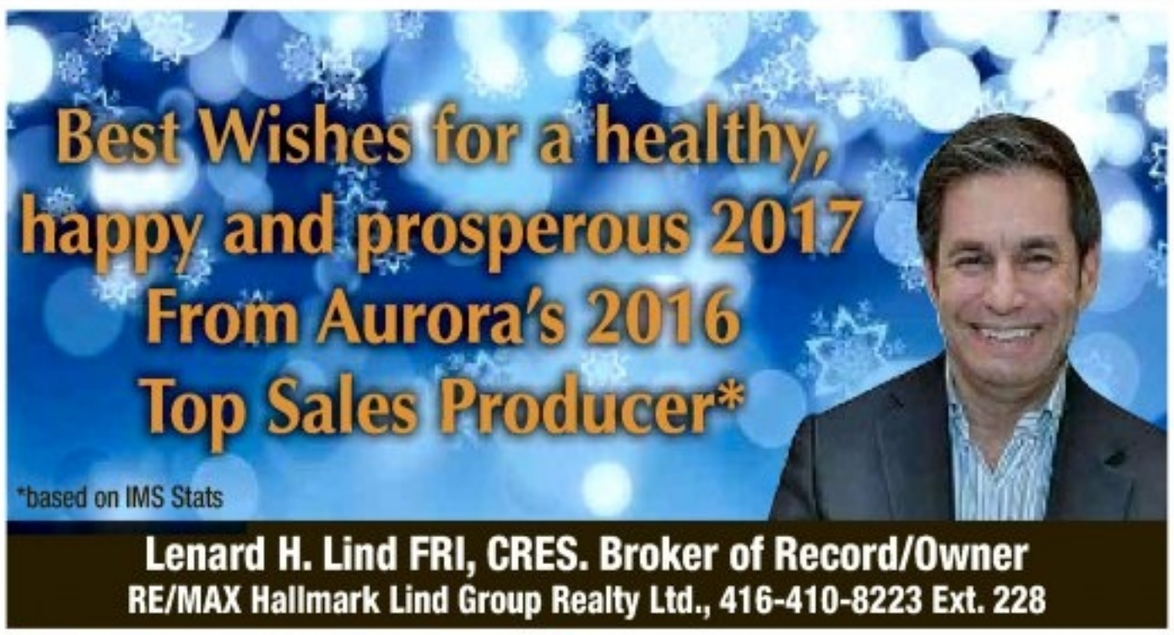

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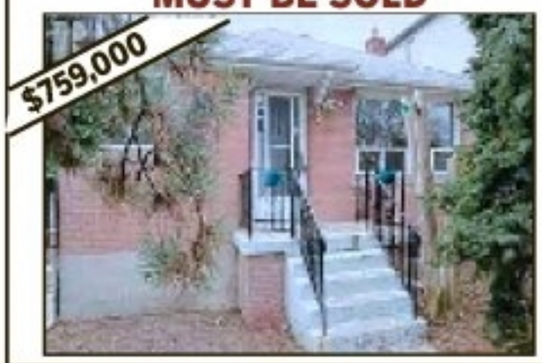

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MAKE IT TONIGHT

Decadent French Toast Nuggets with Lemon Ricotta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A crusty baguette over sliced bread makes this classic breakfast a million times better since it's soft oozes creamy ricotta filling.

Ready in 30 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
For the French Toast:
- 1 multi-grain baguette loaf
- 5 eggs
- 1 cup milk
- 1 tsp real vanilla extract
- 1 Tbsp cinnamon
- 1/8 tsp allspice
- butter
- 1 pint blueberries

For the Ricotta Filling:
- 1/2 cup ricotta cheese
- zest and juice of 1/2 lemon
- 2 tsp sugar

Directions

1. Slice baguette into 1-inch pieces and then cut a pocket horizontally through the side into the centre of the slice. In a mixing bowl, whisk eggs, milk, vanilla, cinnamon and all spice.

2. In a separate bowl, mix the ricotta, zest, juice and sugar.

3. Using a teaspoon, fill the pocket of each slice of baguette then place pieces into a 8x8 inch baking pan and pour the egg mixture over the bread. Allow the bread to soak for 10 minutes.

4. In a large skillet, melt the butter over medium heat then lay down your soaked baguette pieces. Allow each side to cook until golden brown, about 3 to 5 minutes each side. Repeat until you've completed all the slices. Serve with maple syrup

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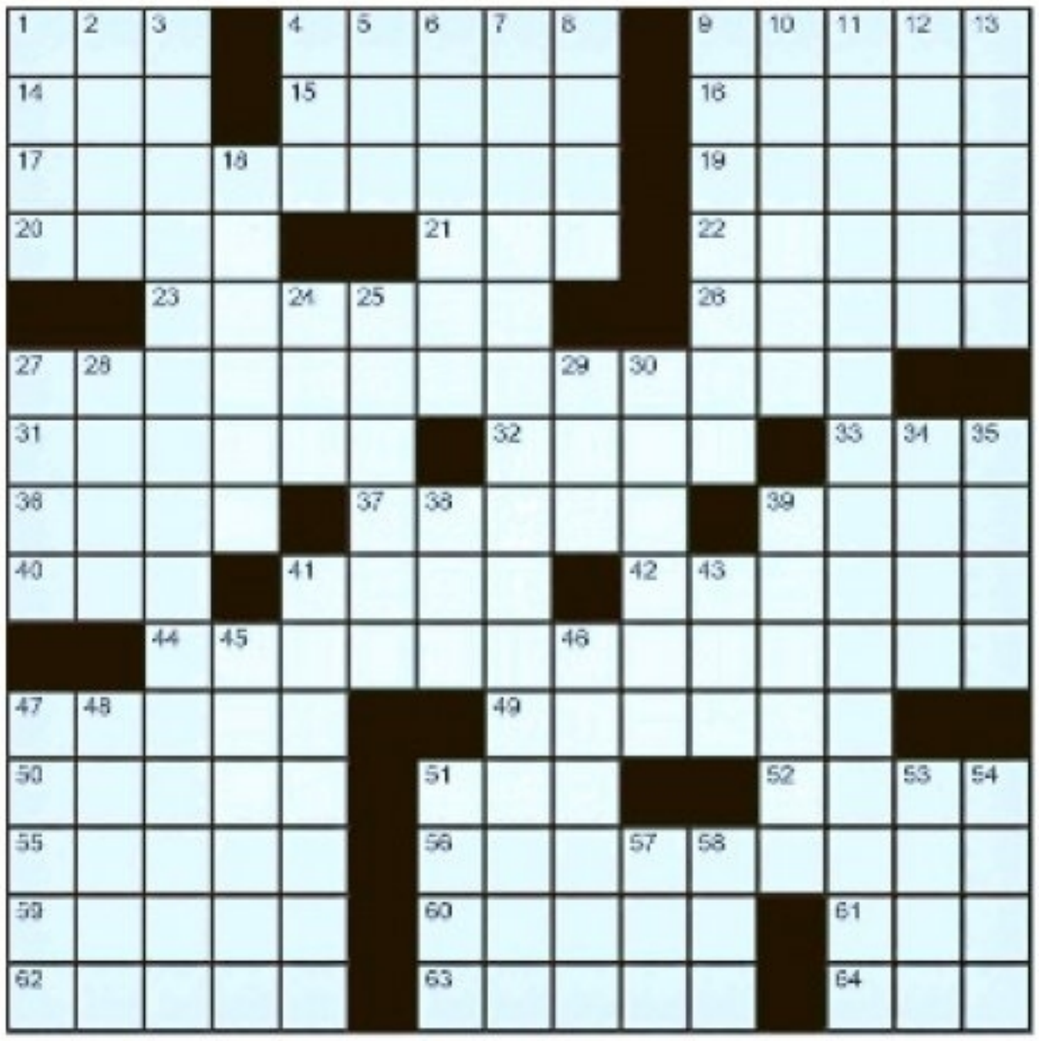
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
11. Coffee mug part
4. Heaves
9. Taj _
14. Tip to 'meter', as per mileage
15. Earth tone
16. "Saying it _ _ thing, doing..."
17. Brothers-founded movie studio, The _ Company
19. British actress Ms. Swinton
20. Tepid
21. Drips in the hosp.
22. Ankle bone
23. Three-horsed Russian carriage
26. Pyramids place
27. Alanis Morissette hit: 3 wds.
31. Rebelled
32. Christian denomination, e.g.
33. "Yes." in Paris
36. "Up and _ '_!" (Rise and shine!)
37. Himalayas land
39. Wrongdoing, in law
40. Sydney is this Australian state's cap.
41. W.B. Yeats land
42. Lyric†poems
44. Televised sports feature first used by Hockey Night in Canada in 1955: 2 wds.
47. Be silent, in music
49. Push through a crowd
50. Star Trek: The Next Generation second-in-command
51. Tree-of-acorns
52. Lettered grocery stores
55. "Hitch _ _" by Boston
56. Pass the _ _ (Qualify as being legit)
59. Al _ (Pasta preference)
60. Moisturizers target them
61. Dundee refusal
62. Grain fungus
63. Commencement
64. Kiefer's actor dad's initials-sharers
11. Sidewalk star-getter in showbiz, often: 2 wds.
12. Down _ _ (Where escalators go)
13. Smallest in quantity
18. There's not any space left: 2 wds.
24. 'Humor' suffix
25. "Understood.": 3 wds.
27. Currency in China
28. Selects
29. Copycat
30. Tailed toy flyers
34. Fertilizer component
35. _-bitsy
38. George's lyricist brother
39. Illuminated with potlights, perhaps
41. Bruce Springsteen & The _ _ Band
43. Collared companion
45. "I _ _ Know" by Marc Anthony
46. Subway payments
47. Barter
48. Broadcaster
51. Norwegian city
53. Namesakes of Mr. Gray of botany
54. Jeanne d'Arc, et al.
57. Actor, Jason _
58. Items-on-paper, e.g.

DOWN
1. Dustups
2. Prefix with 'logical'
3. Feature of sportswear fabrics: 2 wds.
4. "Vacation" by The Go-_
5. Behave
6. Title of honour/respect in the Middle East
7. Goldie Hawn army comedy of 1980: 2 wds.
8. Ott. hockey players
9. Knitted hand warmers
10. Variety of cheese

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
There's no question that secret love affairs are taking place for some of you. Perhaps you have a secret crush on someone, because you have strong and intense feelings that you are keeping private.

Taurus April 21 - May 21
You have strong feelings for a friend today. In fact, the friend might become a lover. Either way, this friendship is important to you.

Gemini May 22 - June 21
People admire you today, especially people in power. This is why a romantic relationship might begin with a boss or someone in a position of authority.

Cancer June 22 - July 23
A romance with someone from another culture or someone who is "different" might begin for some of you today. Others will feel passionate about taking a trip somewhere. (It's important to you.)

Leo July 24 - Aug. 23
Romantic relationships will be passionate now. In fact, you will feel intense about everything you do today!

Virgo Aug. 24 - Sept. 23
You feel strong affection for close friends and partners today. This might even be a wake-up call for some of you, because you might not have realized the depth of your feelings.

Libra Sept. 24 - Oct. 23
You might develop a romantic relationship with a colleague today. Others will use this same energy to try to make their workspace more attractive. You want to improve things.

Scorpio Oct. 24 - Nov. 22
This is a passionate, romantic day for your sign. If you are in a romantic relationship, this is the day for a date. Artists will be creative and productive.

Sagittarius Nov. 23 - Dec. 21
You will be eager to make improvements at home today, especially through redecorating projects. Some of you will explore real-estate opportunities as well.

Capricorn Dec. 22 - Jan. 20
Today something will happen to make you appreciate the beauty in your surroundings, as well as the affection that you encounter on a daily basis in your world. What a blessing.

Aquarius Jan. 21 - Feb. 19
Trust your moneymaking ideas today, because they might be excellent. If shopping, however, you might feel obsessed about buying something.

Pisces
Feb. 20 - March 20
This is a good day to look in the mirror and ask yourself what you can do to improve your appearance. You also might buy something to wear that you really like!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				2			4	
	6		8					7
				3	1	2		
	9					6		
3		2				9		4
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1					4		9	
	7			6				

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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5	8	9	7	6	2	4	1	3
1	6	7	3	9	4	5	2	8
4	3	2	1	5	8	7	9	6
2	4	6	9	8	1	3	7	5
3	5	8	4	2	7	1	6	9
9	7	1	5	3	6	2	8	4
7	1	3	8	4	9	6	5	2
6	9	4	2	7	5	8	3	1
8	2	5	6	1	3	9	4	7

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